

Coping During Covid-19: Managing Your Stress

- The world is in the mist of the Covid-19 crisis. Schools are physically closed, people are working from home, sporting events have been cancelled and all non-essential businesses are closed.
- Join us as we discuss how to reduce stress during these challenging times, tips for working from home, the impact of social distancing and staying safe during the crisis.

Join Zoom Meeting

<https://zoom.us/j/95804746183?pwd=ZkNQczJHSG1xTXRQYS9qRS9YMDJtUT09>

Meeting ID: 958 0474 6183

Password: 0UBwjy

WHEN: Tuesday, April 28, 2020

WHERE: Virtual Zoom Meeting For any PCS employee

TIME: 4:00 – 4:45

Course: 19789 Section:

Please contact Darlene Rivers at pcs.riversd@pcsb.org for more information. Or go to PLN to register.