

# SUFFERED IN ANY WAY BECAUSE OF COVID-19?

## Connect with Colorado Spirit

If you are stressed or other-wise impacted  
because of the pandemic, **FREE help is available.**

Colorado Spirit is a FEMA-funded recovery program to provide disaster survivors with community-based outreach, stress and resilience education, and connection to mental health and other community resources.

### Contact one of our Outreach Specialists Today

Megan Vilece  
Team Lead

970.985.5511

MVilece@MindSpringsHealth.org

Danielle Hena  
Outreach Specialist

970.531.6311

DHena@MindSpringsHealth.org

Senior (970.985.9483), Child (970.531.7450) & Bilingual (970.531.5582) Specialists Available



### Free Digital Mood Checker & Stressbuster

Visit [myStrength.com](https://myStrength.com) or download the myStrength app.  
Use Access Code CCPMSH

SCAN QR CODE  
FOR MORE  
INFORMATION



**MIND SPRINGS** *health*

Prevention. Care. Recovery.



**FEMA**

# Peace in the Pandemic

If you are stressed, anxious, angry, upset or emotionally tired from the pandemic, join the Colorado Spirit Team for a short online session to refresh and rejuvenate.

Monday- Friday

12 pm- 1 pm

ZOOM INFO:

Meeting ID: 916 2327 5350

Passcode: 3056

<https://mindspringshealth-org.zoom.us/j/91623275350?pwd=a1BBQjV5QmwwZHJlVWxTM2lCM0FGZz09>

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# Grief and Loss Support Group

If you have lost a loved one to COVID, we invite you to attend weekly online group sessions with the Colorado Spirit team. During this time we will walk beside you as we talk about your loved one, how COVID has uniquely affected your loss, and provide self-care tips and coping skills to help you navigate the waters of grief.

Fridays, December 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup>.

4-5 pm

ZOOM Meeting ID: 935 2362 4161

Passcode: 5315

<https://mindspringshealth-org.zoom.us/j/93523624161?pwd=MWZncFpmTVZTbVJDYnVUNkRLQjhIUT09>

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# Supporting Middle and High School Students through the Pandemic

If you are a middle or high school student and are experiencing stress, anxiety, anger or are emotionally tired due to COVID, social distancing, or online learning- you are invited to a free online session with the Colorado Spirit team. Topics discussed include how the pandemic has affected your daily life, as well as give you tools to help manage stress with self-care to be mentally and emotionally healthy.

Every Wednesday in December

4-5 pm

ZOOM Meeting ID: 941 4666 8604

Passcode: 7955

<https://mindspringshealth-org.zoom.us/j/94146668604?pwd=bDVtVGZHaGR6Ym4zWFhxU01tTDUyQT09>

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# Child Care Provider COVID Town Hall

If you are a child care provider in a professional setting working through COVID (day care workers, nannies, etc.), join the Colorado Spirit team for a peer-supported community. The team will share stress management tips, psycho-education, and a supportive environment for child care workers.

**Every Tuesday in December**

**5:30- 6:30 pm**

**Meeting ID: 973 166 1219**

**<https://mindspringshealth-org.zoom.us/j/9731661219>**

**Every Thursday in December**

**1-2 pm**

**Meeting ID: 973 166 1219**

**<https://mindspringshealth-org.zoom.us/j/9731661219>**

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