You’re Invited
Thursday, November 5, 2020

10 - 11 a.m.

COVID-19 and Mental Health: Fresh Perspectives

Description:
This program will focus on strategies to address the need for mental health and psychosocial supports for older adults during and after the pandemic. The need for these supports is expected to increase substantially in the near and prolonged future. Investment in mental health programs have suffered chronic underfunding, which makes highlighting the importance of mental health concerns among older adults and vulnerable people even more critical now.

By attending this presentation, participants will:
• Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19.
• Understand recommended actions addressing the effects of the pandemic on mental health.
• Hear an overview of mental health and psychosocial supports available throughout the world.

Featured Presenters:
Chrisula Asimos, Ph.D., Chair of Marin County Commission on Aging Health and Nutrition Committee
Diana López, Vice Chair, Marin County Commission on Aging

11:15 a.m. Commission on Aging Business Meeting
Members of the public are encouraged to attend!

Join Zoom Meeting
https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2l6bkVRZEdLZElSQT09
Meeting ID: 889 9940 5569
Passcode: 286826

Dial in number 1+ (669) 900-6833

For more information about the Marin County Commission on Aging call 415-473-7118 or visit our website at www.livelonglivewellmarin.org

All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling 415-473-4381 (voice), 711 (TTY) or e-mailing disabilityaccess@marincounty.org at least five business days in advance of the event.
Copies of documents are available in alternative formats, upon written request.