Hello Duxbury Bay Area Regional Medical Reserve Corps Volunteers.

We have decided to postpone our scheduled November training: *Taking Care of Stress, Before it Takes Care of You – The Pandemic Edition.*

We know that many people are concerned about the Holidays in the age of COVID-19, and we wanted to provide the opportunity for you and anyone you know to attend this special event:

The MassSupport Network Virtual Town Hall
Holidays 2020: Finding Our Way Staying Safe and Meaningful in the Face of Change
Thursday, November 19, 2020 at 7PM – 9PM (EST)

The MassSupport Network is a service of the Riverside Trauma Center. They provide free community outreach and support services to residents of all ages across the state in response to the unprecedented public health crisis, COVID-19 (www.masssupport.org)

MassSupport recognizes that the holidays are not going to be the same this year. They are bringing together a panel to help us collectively process loss and change, while still making the holidays as meaningful and safe as possible.

Speakers include:

Dr. Ani Kalayjian, Board Certified Expert in Traumatic Stress, Fellow of New York Academy of Medicine, Adj. Professor of Psychology, Teachers College Columbia University;

Nisha Puri, M.P.H. Candidate, Boston University School of Public Health; and Waheeda Saif, LMHC of Riverside Trauma Center

You must Register for this FREE evening. Please follow this link: https://us02web.zoom.us/.../reg.../WN aZUg8 taQ1ehSW7pcPZsxQ

If you have difficulty registering, or have questions, please reach out to our Volunteer Coordinator, Susie Borden, at: susieborden@verizon.net

If you do attend, please send Susie a quick email so we can continue to track our volunteer hours.

We will let you know our plans for re-scheduling our Pandemic & Stress training. Until then, we hope you all find a way to safely enjoy the Thanksgiving holiday.

Stay Safe & Healthy, The Duxbury Bay Area Regional MRC leadership team