

# COMMUNITY CONVERSATION



## WHEN:

October 20, 2020,  
from 6-7 p.m.

## WHERE:

Streaming online:  
[www.wsd3.org](http://www.wsd3.org)

## WHO:

District 3 parents,  
families, teachers,  
staff and students.

**No registration  
necessary.**

**For more information  
please contact  
Samantha Briggs  
at (719) 391-3000.**

Join Widefield School District 3 and AspenPointe for a casual community conversation on the current levels of stress and anxiety our community is facing, given all of the compounding factors of COVID-19.

Topics will include:

- Change fatigue
- Stressors of a new learning model
- Feelings of isolation
- Mental health impacts
- Wellness
- Depression
- Anxiousness
- Stress management
- Decision fatigue

✉ **Email questions in advance to [info@wsd3.org](mailto:info@wsd3.org).** ✉

Questions can also be submitted during the live event.

## NEED HELP?

AspenPointe offers individual or group crisis counseling, education, assessments, referrals, and links to other resources.

COVID-19 crisis support services are  
**provided at no cost:**

Visit us online at [www.aspenpointe.org/covidresponse](http://www.aspenpointe.org/covidresponse),  
email [CovidResponse@aspenpointe.org](mailto:CovidResponse@aspenpointe.org)  
or call (719) 299-2996 to get started today.



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