



**BEDFORD PTG AND
BEDFORD SCHOOL DISTRICT
PRESENT**



**Mental Health &
Wellness Series**



05/06

**The Positive Impacts of
COVID: how to not only
survive but thrive!**

A focus on resiliency, regulation and
relationships.

**THE POSITIVE IMPACTS OF COVID: HOW TO NOT ONLY SURVIVE BUT
THRIVE!** *(A FOCUS ON RESILIENCY, REGULATION AND RELATIONSHIPS)*

THURSDAY, MAY 6TH AT 7PM

HELD IN THE BEDFORD HIGH SCHOOL THEATER

BROADCAST LIVE ON BCTV CHANNELS 23 & HD 1072

VISIT BEDFORDPTG.ORG FOR MORE INFORMATION

**Discussions will be led
by Diane Vaccarello,
Licensed Family
Therapist**