

# Healthy Vermonters Workshops



**A variety of workshops with  
interactive wellness activities:**

- *Writing Through COVID*
- *COVID Recovery Through Wellness*
- *Coping with COVID: Managing Re-entry Anxiety*
  - *Wellness Through Gratitude*
- *Activity Groups for Older Vermonters*

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**Register today at  
[www.COVIDSupportVT.org/workshops/](http://www.COVIDSupportVT.org/workshops/)**

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**No computer? No problem!  
Join our workshops by telephone.  
Call 2-1-1, option #2 for details.**

**COVID  
SUPPORT VT**

*Promoting mental health and wellness for all*

*Workshops  
available upon  
request - visit  
our website.*

   @COVIDSupportVT

**Find more resources at [COVIDSupportVT.org](http://COVIDSupportVT.org)**

**You are not alone  
We are here to help**

***Call a COVID  
Support Counselor  
at 2-1-1, option #2.***

**Confidential and FREE  
Monday–Friday**

**COVID  
SUPPORT VT**

***Promoting mental health and wellness for all***

**ALSO OFFERING:**

- **Wellness Workshops**
- **Wellness Calls to Family and Friends**

WITH SUPPORT FROM



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