

# CARE TO CONNECT

Community Inspiration and Announcements



April 28, 2020

## FROM THE DESK OF

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Some days staying at home and flattening the curve feels like a faithful and connected act of solidarity, a communitywide team effort. And, some days the very same actions feel like they might suck the life out of us while we're trying to honor our medical community and preserve the lives of others. Often those two types of days overlap and happen interchangeably.

Preserving your physical and social-emotional resilience during this time is critical, and the need for healthy and meaningful connection is vital to that process. This is why the team at Our Community Listens is working to provide immediately applicable tools offered in bite-sized learning moments that equip you for meaningful, authentic, and caring communication.

While you are waiting for our face-to-face programming to resume September 1, there is no need to wait to take the next step in deepening your relationships. In addition to registering now for fall in-person classes, we have online opportunities right now, such as the new Care and Connection Sessions below. Invite a friend, log in, and learn together. We are learning, growing, and on this journey beside you.

## INTRODUCING "CARE AND CONNECTION" Sessions!

Connecting with others is a basic human need, however, sometimes the way we connect can unintentionally cause friction in relationships.

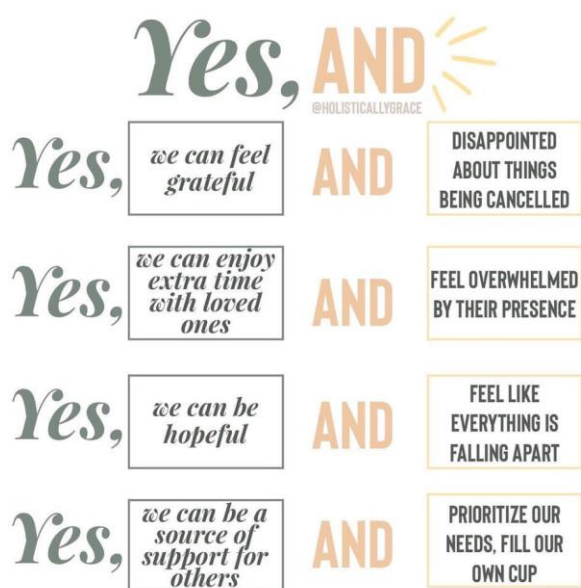
Talk with us. Join us as we share our challenges in connecting with those in our care. The participants will help shape the discussion, based on the needs expressed by the group.

You will learn concepts and skills to improve interactions and relationships. If you want to find more joy with others, join us! Here are the details:

- WHAT: 90-minute webinar, facilitated by Sarah Weisbarth, Leader of Content Development
- WHEN:
  - [May 7, 10:30am EDT](#)
  - [May 12 at 7:30pm EDT](#)
- HOW: ZOOM

## #CareToConnect CHALLENGE

It's possible to feel seemingly contradictory emotions at once. It's what makes us human:



Do you have a Social Media post you'd like to share with us? Just tag @OurCommunityListens and include #CareToConnect and we'll find it!

## CONNECT ON LINKEDIN

Did you know Our Community Listens maintains a LinkedIn presence where we post important updates to our virtual offerings? Check out our [page](#) and "Follow" so you get our latest updates!



## What's New?

### Webinars:

"Living in an Ever-Changing World"

- [Apr. 28, 7:30pm – 9pm EDT](#)
- [May 2, 10 -11:30am EDT](#)

"How to be an Awesome Role Model Even When You Mess Up!"

- [May 19, 11:30am – 1pm EDT](#)

"Logic and Emotion - Recognizing When We Are Out of Balance"

- [May 21, 11:30am – 1pm EDT](#)
- [May 26, 7:30pm – 9pm EDT](#)

### Care and Connection:

- [May 7 10:30am – Noon EDT](#)
- [May 12 at 7:30 – 9pm EDT](#)

### Podcast:

["DISC Tendencies on Fire"](#)

### Blog Post:

["Charging Up and Staying Connected"](#)

