

The *Let's Talk Mental Health* committee of Peninsula Temple Sholom invites you to join us for

# FINDING JOY AGAIN AFTER COVID

Sunday, March 14  
3:00PM - 4:30PM on Zoom

Dr. Joshua Coleman is frequently contacted by the media for opinions and commentary about changes in the American family. He has been a frequent guest on the *Today Show*, *NPR*, *The BBC*, *NYU Psychiatry Radio* and has also been featured on *Sesame Street*, *20/20*, *Good Morning America*, *PBS*, and numerous news programs for *FOX*, *ABC*, *CNN*, and *NBC* television.

His advice has appeared in *The New York Times*, *The Times of London*, *Atlantic Magazine*, *The Shriver Report*, *Fortune*, *Newsweek*, *The Chicago Tribune*, *The Wall Street Journal*, *Slate*, *Psychology Today*, *U.S. World and News Report*, *Parenting Magazine*, *The Baltimore Sun* and many others.

**LIVE VIA ZOOM** Dr. Coleman will be with us to address mental health issues many are facing due to the pandemic, like:



Dr. Joshua Coleman, PhD  
Clinical Psychologist,  
author, speaker, Senior  
Fellow: Council on  
Contemporary Families

- *What if I don't have the emotional energy to pick myself up and do anything?*
- *How can we support our friends and family when we can't be together?*
- *How to deal with the uncertainty in our lives*
- *Can I feel joy when so many are suffering?*
- *Can there be peaceful coexistence while confined in the same household for so many months?*
- *How do we get back into life again?*

### **What is YOUR biggest concern?**

Send questions to Marsha Mayer at [mayer01@pacbell.net](mailto:mayer01@pacbell.net)

**Join Zoom Meeting**      Zoom link:

<https://sholom-org.zoom.us/j/89334844827?pwd=bnhJem1UdHU2TEVrZkkwdnZ6RE0xQT09>

One tap mobile:

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