



**PRESENTED BY JEWISH FEDERATION OF ORANGE COUNTY**



**The Program will begin at 4:05 p.m.  
Thank you for your patience.**

**Coping with COVID  
A Mental Wellbeing Series  
for All Ages and Stages**



**Sheila Hansen, LMFT, RPT**  
Coping with COVID: Ask Me about  
Your Elementary School Child  
Friday, May 8, 3:00 - 3:30 p.m.



**Hayley Goldberg, LMFT**  
Coping with COVID: Ask Me about  
Your Toddler or Preschooler  
Monday, May 18, 8:00 - 8:30 p.m.



**Dr. Lisa Grajewski, Psy.D**  
Coping with COVID:  
Ask Me about Your Teenager  
Thursday, May 14, 3:00-3:30 p.m.



**Cally Clein, LCSW**  
Coping with COVID: Ask Me about  
Aging or Caregiving  
Friday, May 22, 1:00 - 1:30 p.m.



**Nadine Durbach, LCSW**  
Coping with COVID: Ask Me about  
Your Relationships or Marriage  
Friday, May 15, 12:30 - 1:00 p.m.

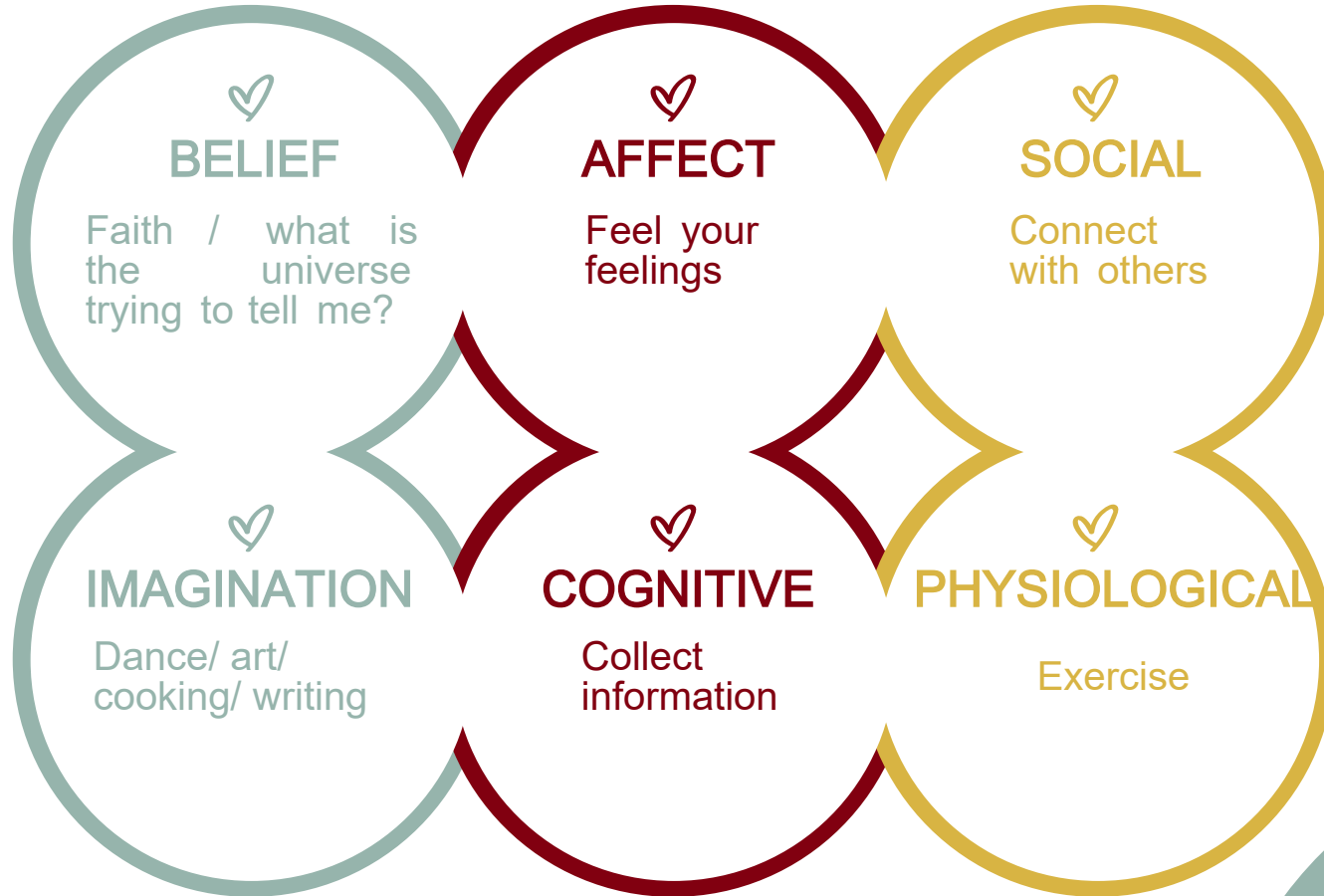


**Kenneth Ribotsky, LMFT, CAMS**  
Coping with COVID: Men and Mental  
Health  
Wednesday, May 27, 6:00-6:30 p.m.



# Presenters

# 6 Coping Styles



# 12 Ways to Regulate Stress and Anxiety



# Examples of zentangles



# Daily Quarantine Questions

by MOMENTUM

- 1 What am I grateful for today?
- 2 Who am I checking in or connecting with today?
- 3 What expectations of normal am I letting go of today?
- 4 How am I getting outside today?
- 5 How am I moving my body today?
- 6 What beauty am I creating, cultivating or inviting in today?

# Coping with COVID Resources

## Nadine Durbach, LCSW

Clinical Social Worker & Psychotherapist

Phone: 949-523-1182

Email: [nadinelcsw@gmail.com](mailto:nadinelcsw@gmail.com)

Website:  
[www.nadinedurbachlcsw.com](http://www.nadinedurbachlcsw.com)

## Gottman Institute

Marriage and Relationship Institute

[www.gottman.com](http://www.gottman.com)

## Psychology Today

Publication with excellent material on relationships and marriage

[www.psychologytoday.com](http://www.psychologytoday.com)

## Cally Clein, LCSW

Jewish Federation & Family Services,  
Orange County

Director, Holocaust Survivor Programs

Phone: 949-435-3460 ext. 359

Email: [Cally@JFFS.org](mailto:Cally@JFFS.org)

Website:  
[www.jewishorangecounty.org](http://www.jewishorangecounty.org)

## 211

Free call for information and assistance  
for seniors and disabled in OC

## Office on Aging

800-510-2020

## Council on Aging SoCal

714-479-0107

## Hayley Goldberg, LMFT

Licensed Marriage and Family  
Therapist

Parent Educator and Parenting  
Coach

Phone: 949-233-0609

Email:  
[hayley@heartofconnecting.com](mailto:hayley@heartofconnecting.com)

Website:  
[www.heartofconnecting.com](http://www.heartofconnecting.com)

## Zero to Three

[www.zerotothree.org](http://www.zerotothree.org)

## Help Me Grow OC

[www.helpmegrowoc.org](http://www.helpmegrowoc.org)

Phone: 866-476-9025

# Coping with Covid Resources

## Dr. Lisa Grajewski

Phone: 949-633-5456

Email: [drlisagrajewski@gmail.com](mailto:drlisagrajewski@gmail.com)

Website: [www.drlisapsychology.com](http://www.drlisapsychology.com)

American Psychological  
Association  
[www.APA.org](http://www.APA.org)

California Psychological  
Association  
[www.cpapsych.org/](http://www.cpapsych.org/)

William James College  
Interface Referral Service  
<https://interface.williamjames.edu/guide/websites> -  
especially -teens

## Sheila Hansen, LMFT, RPT

Licensed Marriage Family  
Therapist & Play Therapist

Phone: 949-424-4083

E-Mail: [Sheila@hhfcoc.com](mailto:Sheila@hhfcoc.com)

Website: [www.hhfcoc.com](http://www.hhfcoc.com)

## American Academy of Pediatrics

Phone: 866-843-2271

Website: [www.aap.org](http://www.aap.org)

## Centers for Disease Control

Phone: 800-232-4636

Website: [www.cdc.gov](http://www.cdc.gov)

## Kenneth Ribotsky , LMFT, CAMS

Licensed Marriage Family Therapist  
& Certified Anger Management  
Specialist

Phone: 949-233-0609

Email: [info@kenribotskytherapist.com](mailto:info@kenribotskytherapist.com)

Website: [www.kenribotskytherapist.com](http://www.kenribotskytherapist.com)





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# Follow-up Tailored Workshops

