



THE COBALT WEEKLY

Nov 23, 2020

This week marks the launch of PennCOBALT's Holiday Series. For so many of us, this will be a time of stress, loss, and challenging dynamics, but it will also be a time to create space for new memories and recognize all that we have to be grateful for in 2020. We're here for all of it. Take care of yourself through our appointments with providers, share our On Your Time resources with your loved ones, and join us through group conversations in the Cobalt Studio.

NEW

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penncobalt.com/news/nov23



20 SEATS LEFT



Coping with Holiday Stress

Mon Nov 23 @ 12:00pm-12:30pm

reserve a seat



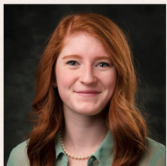
Managing the Holidays During COVID-19

by Thea Gallagher, PsyD

VIDEO

11 MIN

watch the video



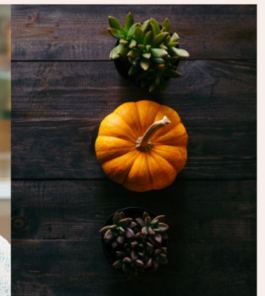
Madison Brooks, MLS (ASCP) CM

Resilience Coach

This time of year, and certainly this year in particular, there are a lot of reasons you might want to express how you're *really* doing without unloading on your loved ones. "As a volunteer Resilience Coach, I provide an impartial listening ear to guide Penn employees through a self-discovery of what they need, whether it be mental, physical, or simply to chat with someone," says Madison Brooks. Book a session with her or another Penn Resilience Coach as we enter the holidays.

book a session

20 SEATS LEFT



Cultivating Gratitude During a Pandemic Thanksgiving

Tue Nov 24 @ 11:00am-11:30am

reserve a seat

on penncobalt.com

