**Saint Mary Our Lady of Grace Presents a Three-Session Program**

**Spiritual First Aid: Helping People Cope with COVID-19**



Saturday Mornings on Zoom

August 15, 22 and 29, 2020

9:30 – 11:00 AM

Register in advance for this meeting:  
<https://us02web.zoom.us/meeting/register/tZAtcO-orTsiGtQhA3gSYtyYaIUIN2OGTx9j>  
You will then receive a confirmation email containing information about joining the meeting.   
For more information, contact Jim Messina at [jamesjmessina@gmail.com](mailto:jamesjmessina@gmail.com)

During the COVID-19 pandemic, mandated shutdowns have often abruptly disconnected a person’s usual access to their sources of community. People cope better when they can seek and receive support during a time of uncertainty. Learn how to “be there” for people who are seeking help. This series is ***free***, and you will learn helpful skills, including the following:

1. How to address the spiritual needs of others who are impacted in these times of COVID-19, and of social and economic distress.
2. How to assist those who are impacted by physically distancing, sheltering in-place, and dealing with their life needs remotely.
3. How to use a step-by-step approach to provide spiritual and emotional care for others through Spiritual First Aid.
4. How to listen with care and concern to those who are suffering from job layoffs, workplace shutdowns, physical distancing, and financial hardship.
5. How to identify safety concerns.
6. How to use the three basic steps of Spiritual First Aid with people: ATTEND, ASK, and ACT.

A person wearing glasses and a suit and tie

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This series of presentations and discussions will be led by James Messina, Ph.D., CCMHC, NCC, DCMHS-T. Jim is a Licensed Psychologist and teaches in the Graduate Clinical Mental Health Counseling Program at Troy University Tampa Bay Site. He has been a member of Saint Mary for four years. He and his wife Connie lead the Little Rock Bible Study for the parish. His Coping with COVID-19 Tip Sheet is located on his website at: <http://www.coping.us/covid19copingtips.html>