



# C.O.P.S. YOUNG ADULTS 2020 VIRTUAL PROGRAM

## AGENDA

### FRIDAY - NOVEMBER 6TH

6:00 -  
7:30 p.m. CT

#### **Connection Call**

This Zoom call will give everyone a chance to get acquainted and discuss any current struggles while feeling supported by other young adults.

### SATURDAY - NOVEMBER 7TH

11:00 a.m. -  
12:30 p.m. CT

#### **New Life, Who Dis?:**

With the world seeming upside down, it is more important than ever that we cope with our challenges in healthy ways. In this session, we will talk about or new normal, how it affects our current and future situations, and how we view ourselves. We will also find coping strategies and methods that work!

Facilitator - Stephanie Williams

3:00 -  
4:30 p.m. CT

#### **Past, Present, and Future:**

On the National Archives Building in Washington D.C. is the quote, "What is past is prologue". How you view your history and where you are today often helps to shape your future path. This session will allow you to reflect on your life as it relates to your loss, and it will give you an opportunity to plan for your future. Facilitator - Angie McCown

6:00 -  
7:30 p.m. CT

#### **Social Hour**

This Zoom call is designed for young adults to unwind, have fun, and play a couple of virtual games. This is a great way to end the Virtual Program.

### ***COUNSELORS ARE AVAILABLE FOR ONE-ON-ONE SESSIONS***

*One-on-One counseling sessions will be available by appointment from Friday, November 6 to Friday, November 7. Registrant will be asked on their registration if they would like to schedule a one-on-one session with a counselor. Each participant is limited to one individual counseling session.*