

**THE IMPACT OF COVID 19 VIRTUAL WORKSHOP**  
**PRESENTED BY ANNA RACINE**



**SAT., JUNE 19, 2021**  
**10:00 TO 3:00**

**HELD VIRTUALLY ON**  
**ZOOM PLATFORM**

**COST: \$40.00**

**REGISTER AT:**

**[annaracine.org@gmail.com](mailto:annaracine.org@gmail.com) or**  
**(905) 351-8367**

**Presenter Bio:** Anna Racine is a Trained Facilitator of Workshops and Retreats and is a Certified Spiritual Director.

For more information: visit  
**[www.annaracine.org](http://www.annaracine.org)**

**Are you experiencing stress caused by COVID-19?** You are not alone! People around the world have felt overwhelmed and helpless as a result of experiencing Coronavirus Anxiety. Adjusting to new realities has caused fear and worry. This Workshop will explore coping strategies and practical skills to deal with the impact that COVID-19 has had on our lives.

