



# K COPING DURING COVID

## BUILDING TEEN RESILIENCE

**JOIN US FOR A VIRTUAL TOWN HALL EVENT  
FOR KELSO TEENS AND THEIR FAMILIES  
WITH DR. KIRA MAUSETH**

This Zoom will cover:

- Emotional impacts of the pandemic
- What's happening in your brain as a result
- Strategies for coping
- How resilience develops
- Resources for support
- Q&A: managing and caring for your behavioral and emotional health

Dr. Mauseth is a practicing clinical psychologist at Snohomish Psychology Associates, a Senior Instructor at Seattle University, and a co-lead for the Behavioral Health Strike Team for WA State DOH. Her work and research interests focus on resilience and recovery from trauma as well as disaster behavioral health.



**Tuesday  
January 25  
6:00 - 7:00 PM**

**Join via Zoom:  
[bit.ly/ksd-btr](https://bit.ly/ksd-btr)**

