



Philadelphia Coordinated Health Care  
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Empowerment through  
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# *Managing Stress During a Pandemic*

Dr. Nicholas DeMarco, Psy.D  
PCHC Director ID/MH Supports



Live Webinar on May 19, 2020  
11 AM - 12:30 PM

[https://us02web.zoom.us/webinar/register/WN\\_ZUoJkgLVQTy0o\\_BqxeWXkQ](https://us02web.zoom.us/webinar/register/WN_ZUoJkgLVQTy0o_BqxeWXkQ)

At this time, Dr. DeMarco will talk about how our lives have changed because of covid-19 and how to deal with these changes in healthy ways.

He will talk in plain language about how these changes show up in our lives as stress. He will also tell us how we can decrease our stress levels and suggest ways to improve our mood.

We invite people with intellectual and developmental disabilities, and those that support them, to join us for this discussion and want you to tell us your ideas for how you deal with the stress of covid-19.

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