Emotional and Mental Health in Older Adults

Fall & Winter Webinar Series

**Fall Series**
October 29 - December 3

**Winter Series**
January 14 - February 4

Who Should Attend?
Service providers, Caregivers and Older Adults are invited to join us for a Fall and Winter 9-session webinar series to learn strategies to improve Emotional and Mental Health and Well-Being for Older Adults.

UCCS Aging Center
The Aging Center provides comprehensive psychological and neuropsychological assessment and treatment services to individuals 55+ as well as their families, trains graduate students in clinical geropsychology and supports the study of psychological aging processes.

CU Anschutz Multidisciplinary Center on Aging
Promotes improved health for older adults through high quality and innovative clinical programs; education of community professionals in geriatrics and gerontology; an emphasis on multidisciplinary team care; and advocacy for the well-being of older adults.

Email to register: https://medschool.cuanschutz.edu/center-on-aging

**Zoom information will be emailed prior to each session**

Fall Webinar Schedule & Topics

Thursdays, 2pm-3pm (Mountain Time)

#1 The Importance of Getting Good Sleep During Challenging Times
October 29th

#2 Maintaining Strong Relationships During Difficult Situations
November 5th

#3 Compassion Fatigue...Helping Ourselves to Help Others
November 12th

#4 Understanding and Responding to Depression in Unprecedented Times
November 19th

#5 The Impact of Substance Use As We Age
December 3rd

(New Webinar Topic Added)

More About Our Co-Hosts

UCCS Colorado Springs

Join us to learn more about how to maintain healthy emotional and mental well-being.

REGISTRATION INFORMATION

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Call for more information
303.724.0832

Website
https://medschool.cuanschutz.edu/center-on-aging