

MAKING SENSE OF WHAT WE'RE FEELING IN UNCERTAIN TIMES

Understanding Our Responses & Caring for Ourselves and Others

This is a 45-min community webinar, followed by 15 mins for Q&A and discussion.

Date: Thursday, 22nd October

Time: 11am - 12pm (Riyadh; GMT+3)
12pm - 1pm (Dubai; GMT+4)

ABOUT THIS SESSION:

For anyone directly or indirectly impacted by what has been taking place in Riyadh - whether you have experienced it firsthand, are concerned for loved ones, or have been affected by what you've witnessed or heard from afar.

In times like these, isn't always easy to recognize or make sense of how we're being affected. This webinar will help you better understand your own responses, recognize what you may need, and explore practical ways to care for yourself and support those around you.

IN THIS SESSION, WE WILL EXPLORE:

- How distressing circumstances can affect your thoughts, concentration, emotions, body, and relationships
- Making sense of your unique responses and recognizing what you may need
- Finding ways to cope and care for yourself that reflect your individual needs and circumstances
- Supporting others with empathy, understanding, and care
- Recognizing when additional support may be helpful

WHO SHOULD ATTEND:

Anyone directly or indirectly affected by the distressing incidents taking place in Riyadh, KSA over the past week.