

Insights on Aging

Staying Connected While Waiting for the Sun to Come Out

COMMUNITY EDUCATION PROGRAM

Presenter

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"You cry a little, and then you wait for the sun to come out. It always does." —The Sound of Music

As the months of isolation drag on, it is easy to succumb to despair. But what if, despite the enormity of our current challenges, we choose another way forward, one in which we find ways to connect with others and ourselves even as we shelter in place? This talk will explore why social isolation is so difficult and potentially harmful to our physical and emotional health, and suggest a path forward for staying connected, making new friends, and even developing new interests and creative outlets during this time. Many practical tips and resources will be shared.

Date Monday, January 11, 2021 • 11:30 am–12:30 pm CST

Location Zoom Virtual Meeting with video and telephone dial-in options

Registration Required

[Click here to register.](#)

Cost Free

For more information contact Rosann Corcoran at rosann.corcoran@cje.net or 773.508.1694.

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support, all presently available via telehealth.



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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