



Recorded Training

Isolation: How to Mentally Cope with Social Isolation

OVERVIEW:

The prospect of solitary confinement and isolation can be daunting and for many people, the concept of limited social connection can be overwhelming. This session will equip attendees with the knowledge and strategies to cope during this time and find new ways to form a connection with others in a virtual world.

TO VIEW:

To view this recording, please click on the session from the selections below and register:

[English](#)

[Dutch](#)

[Spanish](#)

[French Euro](#)

[French Canadian](#)

[Arabic](#)

[Portuguese](#)