



Kids & Community Calls for Compassion

Extended weekly through May

Due to positive response, we have decided to continue these calls through the end of May, to provide participants a sense of calm and connection during this unprecedented time.

- Kids Calls: Wednesdays 11:00-11:15am EST
- Adults/Teen Calls: Wednesdays 11:30-11:45am EST

Call-in line for all sessions: 844-712-3250; Access code 716 720 596

Sessions are open to all and hosted by Anjali Sharma, Public Sector Wellness Consultant and Mindfulness Advocate for Aetna.