

March 17, 2020



Special eBlast ...

From the desk of C. David Copenhaver



Hear Ye, Hear Ye

April 21, 2020 Spring Luncheon Cancelled

It is with great sadness that we need to inform you of the cancellation of the BCRSPA Annual Luncheon Meeting scheduled for April 21, 2020. We are following the CDC guidelines for crowd sizes in an abundance of caution for the health and wellbeing of our members and guests.

If you have already mailed your reservation and payment, the payment will be refunded, or your check will be returned to you.

We apologize for any inconvenience this cancellation may cause. However, we strongly believe it is better to be proactive in this situation.

Coronavirus Anxiety - Helpful Expert Tips and Resources

- [COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#) - ADAA Blog Post, Aarti Gupta, PsyD
- [How to Talk to Your Anxious Child or Teen About Coronavirus](#), ADAA blog post, Richa Bhatia, MD
- [ADAA March Triumph E-Newsletter - Managing Coronavirus Anxiety, Personal Stories of Triumph and More...](#)
- [Quick Expert Tips to Manage Coronavirus Anxiety Part Two](#) - ADAA video - ADAA members Ken Goodman, LCSW, Drs. Debra Kissen, Reid Wilson, and Sally Winston share expert tips to manage coronavirus anxiety.
- [Panic Sells, Calm Saves](#) - ADAA Blog Post - ADAA member Dr. Shane Owens
- [Quick Expert Tips and Strategies to Manage Coronavirus Anxiety](#) - ADAA 5 minute Video - ADAA member Dr. Debra Kissen
- [Health Anxiety: What Is It and How You Can Overcome It](#) - ADAA Webinar - ADAA board member Ken Goodman, LCSW
- [Health Anxiety: What Is It and How to Beat It](#) - ADAA Blog Post - ADAA board member Ken Goodman, LCSW

Sincerely,
BCRSPA Executive Board