



Dear Mam/Sir,

Owing to the current pandemic; with colleges, workplaces and transport shut and most people studying and working remotely, people globally are staring at uncertain and long days.

With routines disrupted and families being thrown into their homes, many may go through emotional disturbances and face difficulty in managing themselves, time and relationships.

Attend the webinar to understand how you can engage in self-care and build your capacity to support yourself and others.

Date: 07.04.2020

Day: Tuesday (7:00 - 7:30 PM)

Register Now

Regards,

RoundGlass College Wellbeing Team

