Stay Well at Home with The Well Project - Session 1: Vision Planning with CiCi

Submitted on Sep 11, 2020

Session 1 - April 8, 2020: Vision Planning with CiCi

(view the chat that took place during the session)

Ciarra Covin led us in creating vision boards, with a focus on utilizing times of change as a catalyst to be more intentional with our goals. Ciarra is a Community Advisory Board member and A Girl Like Me blogger. She is also the owner of Healing is Voluntary.

About Stay Well at Home with The Well Project

To address the extraordinary and challenging times we are living in, The Well Project is pleased to have launched Stay Well at Home with The Well Project, in April, 2020. These bi-weekly video/chat series feature women living with HIV sharing positive approaches to help navigate the isolation and other challenges that the COVID-19 pandemic is causing so many of us to experience. Sessions include exercise, meditation, yoga, cooking, art, and more, allowing us to stay connected to each other while taking a collective mental health break.

Sessions began on April 8 and take place every other Wednesday from 12 pm – 1 pm ET. For a list of all upcoming and past sessions, click here.

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