

HAWK TALK:

**a place to drop in and connect
with fellow Hawks**

Topics Include:

Useful Tips for Social Media, Change & Connection, Matching Coping Strategies with Emotion, Asking for Help, Saying No and Setting Boundaries, Motivation Vs. Habit Formation and many more

Every Wednesday-

10/28/2020

11/4/2020

11/18/2020

12/2/2020

12/8/2020

11:00 am-12:00 pm

Click the Zoom Link

Below-

[Hawk Talk Lunch Group](#)

WITH-
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