

# Staying Connected: Tips for managing isolation

## **Date and time:**

**Start:** April 29, 2021, 1:00 PM GMT

**End:** April 29, 2021, 3:00 PM GMT

Dentons and Rainbow Mind are delighted to host a joint wellbeing event on the topic of "Staying Connected: Tips for managing isolation."

Some form of remote or hybrid working is likely to form part of working life for the foreseeable future. While that flexibility can present opportunities, it can also present challenges, in particular managing either being alone or coping without traditional support networks. This event will offer attendees practical tips for managing those pressures and challenges.

This event is open to all. Isolation can touch different groups in different ways. In the LGBT+ community, for example, individuals can be in a challenging household environment where they cannot be themselves and are not able to access outside support or see friends. Many parents and carers are juggling busy working lives with childcare. Traditional childcare support networks have been severely disrupted in the last 12 months and that can itself create an isolating environment for working parents and carers. The impacts of the last year have been felt acutely by members of the black and Asian communities and other minority groups. Many others will simply be feeling alone without access to in-person support.

The event will focus on learning skills of self compassion, and addressing the thoughts and feelings that arise when we do not feel we are connected to others, or being who we most want to be. The session will be led by practitioners from Rainbow Mind who have lived experience. When accepting this invitation, we invite attendees to select one of the following breakout sessions:

- Parents and carers
- LGBT+
- Black, Asian and other minority groups
- A general session for other attendees (or those who would simply prefer to join a general session).

There will also be an opportunity for plenary discussion. (We would hope there is scope for future events where people who have an interest in multiple communities can attend a different breakout group.)

We hope you will be able to join Dentons and Rainbow Mind for what promises to be a positive and empowering event.

## Your Key Contacts



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## Event contact

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