



SPILL THE TEA: LET'S TALK!

Spill the Tea is an opportunity to come together (virtually), have a friendly discussion on important topics, and leave feeling connected! This month, we'll chat about how to combat holiday stress and find peace during the holiday season, even if it looks a bit different from last year. Connect with new friends, share thoughts and ideas, and learn from one another – bring your favorite cup of tea (or whatever you like) and join us!

About our facilitator: Betty Russell is a Licensed Clinical Social Worker (LCSW) who practices mental health therapy. She has both her Bachelor's and Master's degrees in Social Work and has worked in the field for more than 15 years.

RSVP Here: https://aarp.cvent.com/SpillTheTea_12-18-2020

Spill the Tea: Let's Talk! Finding Peace in this (Very Different) Holiday Season

December 18, 2020

9:00am – 10:00am

Secure Link

Link will be provided after registration.

Get to know us at:
aarp.org/nv

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