

# Tools for Tough Days

There are many helpful ways to manage tough emotions and challenging days. Let's talk about self-care and coping tools that can support us through difficult moments.

**June 15th, 2026 | 1:00 pm**

**Zoom Meeting ID #: 830 0758 5374**

**Passcode: 248110 | [Zoom Link](#)**

The Atlantic Center for Independent Living supports equal access for all.

For accommodations please contact Jamie at [jamie.burke@atlanticcil.org](mailto:jamie.burke@atlanticcil.org)  
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