

# Embracing Isolation



Four interactive online sessions sharing insights on loneliness and solutions to re-discover the joy of solitude.

Feeling alone has a significant impact on physical and mental health and in the current climate of COVID-19, with varying degrees of seclusion, isolation has become a more prominent part of people's lives.

This series of webinars will review current knowledge, explore new perspectives and provide an array of creative and spiritual tools to help us understand, transform and embrace this enforced time of isolation.

**Sessions take place monthly on Saturdays, 4pm-5.30pm GMT:**

|                   |   |
|-------------------|---|
| December 5th 2020 | <b>Being Alone: Isolation or Retreat?</b>   |
| January 9th 2021  | <b>Taking Care, Valuing your Well-Being</b> |
| February 6th 2021 | <b>Self-Expression and Creativity</b>       |
| March 6th 2021    | <b>Empowering and Implementing Choices</b>  |

Join our panel of presenters from health and social care, who will bring a wealth of experience from diverse personal and professional backgrounds.

## Panel

**Dr Mina Bobdey** Consultant Psychiatrist, London  
**Maggie Parle** Retired Hospital Social Worker  
**Reena Raj** Applied Positive Psychology Practitioner and Coach  
**Dr Astrid Bendomir** Consultant Occupational Health Physician  
**Suja Chandran** Hospital Social Worker and Educator  
**Sharon O'Regan** Group facilitator, Community Project Work  
**Deirdre O'Toole** Variety roles in NHS, including Governance Lead

*The Convener* will be **Dr Kala Mistry**, Community Psychiatrist

**Free Admission**

**Registration is essential to receive a link to the event**

To register visit Events page at [jankifoundation.org](http://jankifoundation.org) or Click below: -

<https://www.jankifoundation.org/embracing-isolation-registration-form/>

For more information contact: [events@jankifoundation.org](mailto:events@jankifoundation.org) or 020 8459 1400

In collaboration with Brahma Kumaris UK, [www.brahmakumaris.uk](http://www.brahmakumaris.uk)



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**BRAHMA KUMARIS**  
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