

 steaming cup of coffee setting on a saucer

**Coffee Chat on We Care Wednesdays!**

Helen Keller once said, “Alone we can do so little; together we can do so much.” With this in mind, North Dakota Vision Services/School for the Blind in cooperation with the North Dakota Association of the Blind (NDAB) is providing a weekly “Coffee Chat” statewide support group over NDAB’s conference call line. This Coffee Chat will take place EVERY Wednesday at 10 am. It will begin on April 1, 2020.

The goal of the Coffee Chat is to provide emotional support to individuals who are feeling even more isolated now that we are all dealing with CoVID-19. This group will provide:

\*Ideas for adjusting to vision loss

\*Ideas for dealing with social isolation

\*A way to meet new people

\*Ideas for coping with stress

\*Tips for living with vision loss

\*Growing or enhancing your self-advocacy skills

\*Safety tips for CoVID-19 and other stressful situations

\*And so much more

The Coffee Chat on We Care Wednesdays can be reached by either a landline or smartphone.

From a landline:

515-604-9797 access code 824825#

From a smartphone enter the number into your contact list exactly like this:

515-604-9797,,824825#

This will enable you to dial both numbers at once. If you are having difficulty creating this contact into your smartphone, please contact Amy Osvold at 701-340-9226 no later than Tuesday, March 31 at 5pm for assistance.

I look forward to hearing from all of you at the weekly 10 am Coffee Chat on We Care Wednesdays!

Amy Osvold, Vision Rehabilitation Specialist

North Dakota Vision Services/School for the Blind