HOW TO SIGN UP FOR AN ANONYMOUS ZOOM MEETING WITH MRS. BURNS

1. CLICK ON THE FOLLOWING LINK to sign up for an anonymous appointment with Mrs. Burns
2. You will receive a Zoom meeting invite 5 minutes before our appointment - check your SMA email
3. This meeting will be recorded in compliance with Virtue recommendations**
4. Meetings are 30 minutes

WHAT DO WE TALK ABOUT?

1. Hey, a lot has changed in a short amount of time. Self-isolation can be really beautiful - but can also lead to, well, isolation - and that can be a big struggle.
2. We can discuss coping skills, self care, time management skills, how to juggle your many responsibilities and remain positive.
3. I'm here for you! We'll pray, chat and walk through this season, together.