

**CORONADO PUBLIC LIBRARY  
VIRTUAL EVENT**

# WELLNESS IN THE TIME OF COVID-19

Covid-19 has had wide ranging impacts on everyone's daily life. Join us for an interactive talk by CrownTown Counseling's Cory Stege, LMFT on the social emotional effects of the pandemic and how we can thrive going forward.

**TUESDAY, OCTOBER 20TH AT 3PM**

Register to receive the zoom link through the library calendar available by going to [cplevents.org](http://cplevents.org) or by scanning the code below.



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## About the Presenter:

Cory Stege is a California licensed Marriage and Family Therapist with over 15 years of experience in the mental health field. Cory specializes in treating relationship issues, grief and loss, military-related stressors/challenges, and mood disorders. Cory's practice currently focuses on treating adult individuals, couples, and family systems through her Coronado-based CrownTown Counseling practice.

Prior to establishing her private practice in 2016, Cory spent 5 years working with active-duty military service members, reservists, and dependents on Naval Base Coronado. Cory's professional experience also includes providing mental health treatment to the chronic mentally-ill population at Alvarado Parkway Institute as well as individual, couple's and family therapy at The Family Institute at Northwestern University.

Cory is an active clinical member of CAMFT, serves as an alumni mentor for The Family Institute at Northwestern University, and is an active member of the Coronado Junior Women's Club. She carries a Bachelor's degree in Psychology from Syracuse University and a Masters in Marriage and Family Therapy from Northwestern University. Cory lives in Coronado with her husband and two young children.

CrownTown Counseling currently supports clients in the comfort of their homes through HIPAA-compliant teletherapy platforms.

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