



Child Guidance Resource Centers'

Diversity Equity and Inclusion Council Presents



"MANAGING MENTAL HEALTH IN STRESSFUL TIMES"

Stress has become a common part of our everyday lives, affecting our mental and physical health. If left unmanaged, stress can lead to various health issues, including anxiety and depression. Over the last several years, news involving the pandemic, our communities, our nation, and global events has elevated our stress more than ever. Stigma or discrimination, money worries, loss of loved ones, and the lack of resources are some key factors people face daily. In most cases, people are not aware of the impact these stressors are having on our lives, and without help, could lead to a breakdown of our mental and physical health.

On Thursday, March 7th, from 9:30 – 11:00 AM, Child Guidance Resource Centers' Diversity Equity and Inclusion Council will host a panel discussion exploring the awareness of these factors and ways to manage mental health as we navigate the stress in our daily lives. Our prestigious panelists include Dr. Monica Taylor Chair of Delaware County Council, Professor and Program Director of Kinesiology at Temple University, Rabbi Tzvi Altein, Rabbi at Chabad of Delaware County, Shawanna James-Coles Director of DEI for Lower Merion School District, Dr. Andy Kind-Rubin, Licensed Clinical Psychologist, and Jennifer Toof Licensed Professional Counselor/Certified Trauma Therapist at Child Guidance Resource Centers.

Nicasia Marinelli, Blended Case Management Supervisor at Child Guidance Resource Centers, and a member of the DEI Council, will facilitate the discussion. All are welcome to join in and hear from our panelists with no advanced registration required. The Zoom ID is <https://cgrc-org.zoom.us/j/4273720254>. If you have questions, please email us at DEI@cgrc.org.

LIFESTYLE = NO STRESS



**NO PRE-REGISTRATION REQUIRED FOR QUESTIONS
CONTACT US AT DEI@CGRC.ORG**

**MARCH 7TH. FROM 9:30AM-11:00AM
ZOOM ID: 4273720254**