

PJ Library Conversations

Mental Health and Resilience in Children - The Power of Community Connections

October 21 at 12:00 p.m. (EDT)

A reminder that on Wednesday, October 21, the PJ Library community will gather with a panel of experts to learn about resilience, coping, and mental well-being. See below for details.

We hope you will join to learn more about this timely topic.

[Register](#)

As families continue to adjust to life during COVID-19, children's mental health and resilience is becoming increasingly important to families, funders and community leaders alike.

Please join us on Wednesday, October 21 to learn about resilience, coping, and mental well-being from our panel of experts.

Moderator **Lou Cove** will lead a conversation between **Dr. Michael Scharf**, Chief of the Division of Child and Adolescent Psychiatry at the University of Rochester Medical Center; **Carla Naumburg**, PhD, LICSW, clinical social worker and PJ Our Way Content and Author Stewardship Officer; and **Meredith Lewis**, Director of Content, Education, and Family Experience for PJ Library.

PJ Library Conversations is an ongoing series of online panel discussions. Past conversations have included [strengthening Jewish identity through stories and meals](#), [intergenerational storytelling](#), [tough topics](#), and [Jewish family engagement during a pandemic](#).