

Mental Wellness in the Time of COVID-19: CDRN Webinars

Description: A series of brief, informational and discussion-based webinars pertaining to relevant and pressing mental wellness concerns in the time of COVID-19.

Schedule:

06/05/20 – 0900:

Coping with Uncertainty: In this webinar we will go over suggestions for coping in unpredictable circumstances.

06/09/2020 1530:

Grief in the Time of COVID-19: Here we will engage in discussing recommendations on grieving while physical distancing.

This training will be an hour long and offers CE credit.

06/10/20 – 1030:

Depression/Anxiety and COVID-19: In this conversation-focused webinar we will address the fundamental questions: How does this look? How do we adapt?

06/12/20 – 1530:

Understanding the Impact of Stress in COVID-19: In this conversation we will address understanding stress in COVID-19 and discuss how we can assist in managing it for those we serve and for ourselves. How do we adapt during this time?

06/15/20 – 0900:

Child Abuse during COVID-19: In this webinar we will address concerns with reporting during COVID-19 and engage in a conversation to learn about specific suggestions to empower people who weren't normally in roles where they would be the ones identifying the signs and making the reports to be able to do so.

06/16/20 – 1530:

Domestic Violence and COVID-19: Here we will discuss Domestic Violence awareness, prevention, and intervention in the time of physical distancing/pandemic. How do address concerns, such as balance between being unsafe at home while also scared to leave the home? Please join us and engage in meaningful dialogue to support mental wellness for those we serve, those we love, and ourselves as it relates to COVID-19.

For your comfortability, feel free to join anonymously by using a nondescript name.

[Click here to register for this webinar.](#)

https://docs.google.com/forms/d/e/1FAIpQLSfzT42D32UmDXvc4Fdp0ipfz2jG2Te9mdYrjmIVjWCENDtptA/viewform?usp=sf_link

Please share this invitation with coworkers and other staff as we work towards improved mental wellness in our community.