

Education

Maintaining Your Mental Health During the Pandemic

Dates: Wednesday, May 6th, 2020
Tuesday, May 12th, 2020

Time: 5:00 p.m. until 6:05 p.m. (ADT)

This webinar presentation will provide answers to the question:
How can we preserve our mental health during a pandemic?

The objectives of this presentation are to:

- Understand the psychological reactions related to the COVID-19 pandemic;
- Identify strategies to manage stress and better cope with isolation;
- Know when to seek help and what mental health resources are available.

Wednesday, May 6th

Click on this link to register:

<https://attendee.gotowebinar.com/register/6495569856826316812>

Tuesday, May 12th

Click on this link to register:

<https://attendee.gotowebinar.com/register/9189101765505787916>

TO REGISTER FOR THIS COURSE

To register, click on the presentation link on the date of your choice. Once you have registered on the GoToWebinar website, you will receive a confirmation email with the presentation contact information.

For more information, visit the event [webpage](#).



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