



# A Community Conversation About Mental Health and COVID-19

Join us for our upcoming series of "Not All Wounds Are Visible: A Community Conversation About Mental Health and COVID-19."

Don't miss the chance to learn how to get help for yourself, family and friends, in your community.



## Upcoming Webinars

### Helping Children Cope

Parents and caregivers will hear tips about helping children and teens navigate the COVID-19 pandemic.

Tuesday, April 21, 3 pm

**Speakers:** Kay Connors, Instructor at the University of Maryland School of Medicine's Department of Psychiatry and Executive Director of the Taghi Modaresi Center for Infant Study in the Division of Child and Adolescent Psychiatry

### How to Join

- Pre-registration is recommended. [Register for webinar.](#)

To participate via audio only, please dial **1-408-418-9388** and use the access code

- **711-622-897**
  - For audio and slides, join any of the webinars on your computer or smartphone.
  - To join, please enter the password **NAWAV2020** when prompted.
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## Isolated But Connected

Learn the importance of staying connected with family and friends to help lower feelings of social isolation during this time of physical distancing.

Thursday, April 23, 3 pm

**Speaker:** Wanda Binns, LCSW-C, University of Maryland Medical System Employee Assistance Program Manager

### How to Join

- Pre-registration is recommended. Register for a webinar.
  - To participate via audio only, please dial **1-408-418-9388** and use the access code **718-167-787**
  - For audio and slides, join any of the webinars on your computer or smartphone.
  - To join, please enter the password **NAWAV2020** when prompted.
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## Watch the [Media Content] Latest Webinar

### Protecting your Mental Health (4/16)

Learn effective tools for supporting your emotional health and managing the stress associated with the COVID-19 pandemic.