



Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

Enhancing Family Mental Health in the Era of COVID

Thursday, March 11, 2021

6:30 - 7:45 p.m.

This session addresses how families create optimal mental health and well-being in the era of COVID.



Participants will be able to describe:

- Strategies to promote optimal mental health and well-being.
- Strategies for parents to engage in age- and developmentally appropriate communication with their children/adolescents.
- Coping techniques to support healthy emotion regulation among children/adolescents and adults.
- Strategies for enhancing compassion and care toward loved ones.

Webinar Goal: To learn about strategies to promote psychological health in the era of COVID

Registration is free and opens at 3:00 p.m. on **Monday, February 15, 2021**, and closes at 5:00 p.m. on **Wednesday, March 10, 2021**. Register at <https://niehs.nih.gov/whad>. Zoom link will be provided prior to webinar.



Session Chair

Sharon Mosley, M.S., LCMHC

*Mental Health Counselor and Owner
The Fit Talk PLLC*

Session Chair

Cheryl Woods Giscombe, Ph.D., PMHNP, FAAN, FABMR

*LeVine Distinguished Associate Professor, School of Nursing
Adjunct Associate Professor, School of Medicine;
Director, Mind-Body Health and Equity Lab (mb-HEAL),
University of North Carolina at Chapel Hill*



Speaker

Shauna Cooper, Ph.D.

*Associate Professor, Department of Psychology and
Neuroscience, University of North Carolina at Chapel Hill*

Speaker

Erikka Dzirasa M.D., MPH

*Child, Adolescent, and Adult Psychiatrist and Co-Owner
Catalyst Therapeutic Services PLLC*



**For additional information, call the Office of Human Research and
Community Engagement at 984-287-4414 or email whad@niehs.nih.gov.**

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Lead Sponsor: National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch,
Office of Human Research and Community Engagement

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc.,
and North Carolina Central University Department of Public Health Education