



## 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.*

## Coping with Grief and Loss During COVID-19

**Thursday, September 9, 2021**  
**6:30 - 7:45 p.m.**



Many of us are experiencing grief and loss during the COVID-19 pandemic. Grief is a normal response to traumatic events, and it is important for us to grieve what has been lost and find ways to cope.

#### **During this session, participants will be able to:**

- Identify and understand types of grief and loss pre-pandemic and during COVID-19.
- Understand grief and the unique role of women in the grief experience.
- Learn coping strategies to promote emotional well-being.
- Find resources for coping with grief and loss.

***Webinar Goal: To understand grieving is a healthy normal response to traumatic events and help women find positive ways for coping***

Registration is free and open. Registration closes at noon on **Thursday, September 9, 2021**. Register at <https://niehs.nih.gov/womenshealthawareness>. The zoom link will be provided prior to the webinar.



**Session Co-Chair**

**Sharon Mosley, M.S., LCMHC**

*Mental Health Counselor and Owner*

*The Fit Talk PLLC*

*Durham, North Carolina*

**Session Co-Chair**

**Joyce Page, MPH, MSPH**

*Public Health Education Specialist*

*Durham County Department of Public Health*

*Durham, North Carolina*



**Speaker**

**Alesia Alexander, MSW, LCSW, CT**

*Author; Clinician; and Grief, Loss, and*

*Inclusion Consultant*

*Zoe Therapy Services*

*Richmond, Virginia*

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

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4414 or [whad@niehs.nih.gov](mailto:whad@niehs.nih.gov). TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.

**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