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.

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. 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