

## Educational Activities to Support UHealth Personnel During the COVID-19 Pandemic



MIAMI

Organized by the UHealth Wellness Program, in collaboration with the Center for HIV and Research in Mental Health, and the Department of Psychology. Each activity highlights a topic (green), followed by a Q&A session. The activities are organized by professional roles but are open to everyone. For all inquiries, contact [umpsychwellness@med.miami.edu](mailto:umpsychwellness@med.miami.edu).

TUESDAY, MAY 5<sup>TH</sup>, 6:00 – 7:00PM

### GRIEF

MARIA RUEDA-LARA, MD & CHRISTINA POZO-KADERMAN, PHD

[REGISTER VIA ZOOM](#)

TUESDAY, MAY 12<sup>TH</sup>, 6:00 – 7:00PM

### PARENTS/CHILDREN/FAMILIES

JILL EHRENREICH-MAY, PHD & VANESSA PADILLA, MD

[REGISTER VIA ZOOM](#)

TUESDAY, MAY 19<sup>TH</sup>, 6:00 – 7:00PM

### MANAGING ANXIETY

STEVEN A. SAFREN, PHD & AUDREY HARKNESS, PHD

[REGISTER VIA ZOOM](#)

UHealth Faculty

*Responding to the COVID-19 pandemic in our community can have a significant impact on UM healthcare providers. Stress management and fostering resilience is essential to our well-being, and to our ability to provide ongoing care.*