

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.

TUESDAY, MAY 5TH, 5:00 – 6:00PM

PARENTS/CHILDREN/FAMILIES

JILL EHRENREICH-MAY, PHD & VANESSA PADILLA, MD

[REGISTER VIA ZOOM](#)

TUESDAY, MAY 12TH, 5:00 – 6:00PM

MANAGING ANXIETY

STEVEN A. SAFREN, PHD & AUDREY HARKNESS, PHD

[REGISTER VIA ZOOM](#)

TUESDAY, MAY 19TH, 5:00 – 6:00PM

MINDFULNESS AND MEDITATION FOR DAILY LIFE

DEBORAH JONES WEISS, PHD, ZELDE ESPINEL, MD,
& LUNTHITA DUTHELY, EDD

[REGISTER VIA ZOOM](#)

UHealth Staff

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.