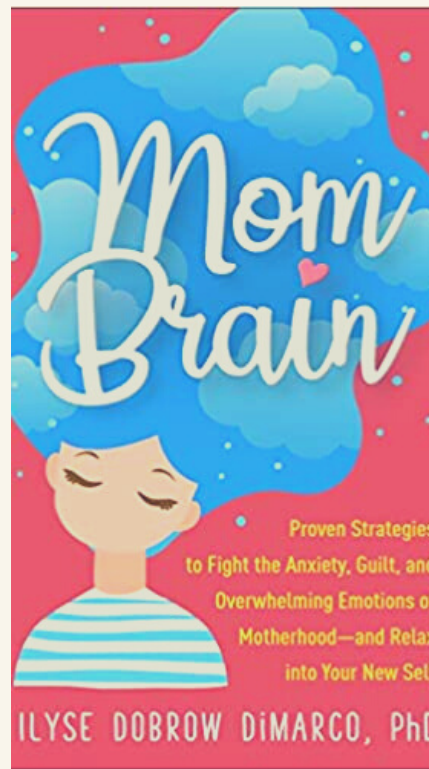




JUNIOR LEAGUE OF
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3-PART MENTAL HEALTH SERIES ON ZOOM

presented by clinical psychologist and parental anxiety expert Ilyse Dobrow DiMarco, Ph.D., entitled "How strategies from Cognitive-Behavioral Therapy (CBT) can help us through these troubling times."



Session 1: Wednesday, March 3, 8-8:45pm: Coping with Burnout: Strategies to manage COVID fatigue and build resilience

Session 2: Thursday, March 18, 8-8:45pm: Using values to help navigate life and make decisions in the COVID era

Session 3: Wednesday, March 31, 8-8:45pm: Post-COVID Reentry: How to cope with fears about re-engaging with the world

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