

QUEENS COLLEGE

Psychological Center

CLINICAL PSYCHOLOGY AT QUEENS COLLEGE PHD PROGRAM ❖ DEPARTMENT OF PSYCHOLOGY QUEENS COLLEGE ❖ CUNY

New Webinar Series developed especially for Queens College Staff, Adjuncts, and Faculty

QCPC hopes that these webinars will help promote healthy coping during this COVID-19 pandemic and the NYC transition to re-opening.

These webinars will be live, free of charge, and can be accessed through this zoom link: <https://zoom.us/j/96332523308>

Series 1: A world of stress: Understanding the physiological stress responses, coping with worry, and minding our health during the COVID-19 pandemic. We recommend watching these modules in order.

May 19 at 4pm & May 22 at 12pm: The impact of stress on our bodies, minds, and health

May 26 at 4pm & May 29 at 12pm: Relaxation based techniques to cope with stress

June 2 at 4pm & June 4 at 12pm: Training our mind and our body to cope with stress

June 9 at 4pm & June 11 at 12pm: Building a self-care plan

June 16 at 4pm & June 18 at 12pm: Developing healthy habits during quarantine

Series 2: Keeping the peace: Enhancing interpersonal relationships during difficult times

May 26 at 12:30pm & May 28 at 4pm: Having difficult conversations with children: Compassionate and effective ways to speak to children about loss associated with COVID-19

June 1 at 12:30pm & June 4 at 4pm: Conflict resolution during COVID-19: Communication in isolation

June 8 at 12:30pm & June 11 at 4pm: Finding peace at home: Fostering flexible family routines in quarantine

Series 3: Making meaningful connections in COVID-19: Recognizing & tackling loneliness.

May 27 at 10am & May 29 at 4pm: Staying connected: Recognizing loneliness in COVID-19

June 3 at 10am & June 5 at 4pm: Beyond "Zoom": Strategies to tackle loneliness in COVID-19

Recordings of the webinars will be available on the QCPC COVID-19 Community Outreach website after each module:

<https://qcpcovid19.wixsite.com/website>



If you have any
questions, please
contact us at
QCPC@QC.CUNY.EDU



Queens College Psychological Center (QCPC) offers high quality, evidence-based, culturally responsive, compassionate, and affordable psychological treatment for children, adolescents, and adults. Consistent with Queens College's commitment to being an engaged institution and a valuable resource for Queens and New York City, all services are made available to the community regardless of ability to pay.