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://qcpccovid19.wixsite.com/website

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.