

Flyer COVID IPV

From: Ilene Serlin PhD

Hello everyone,

This series of roundtables was developed from our Interdivisional Task Force on COVID, and features a series of trauma experts who provide an overview of many approaches to working with trauma.

I am on the roundtable on Aug. 20.

Sending best wishes,

Ilene

https://www.eventbrite.com/e/covidipv-roundtables-tickets-116112978043?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing&fbclid=IwAR2KQVNDaq8yngA1rYc3cpqcV8LBZsYLziUieV4DKO7iT3B0sxRsh_3rzt4

**COVID Interpersonal Violence
Round Table Series**

Join our weekly roundtable series to discuss resources and strategies to manage stress related to COVID19 and interpersonal violence.
Thursdays at 12 p.m. EST

• Thursday 8/13: Tips for Emotionally Regulating Anxiety for Adults & Children
• Thursday 8/20: Recommendation and Tips to Stay Safe Sheltering with an Abuser
• Thursday 8/27: Finding Quiet Spaces in an Unpredictable World
• Thursday 9/3: Shaking off a Depressed Mood
• Thursday 9/10: Mindfulness Exercises to Practice

Click the image to the right for registration and more information!

@COVIDIPV
Interpersonal Violence
Wellness

Hosted by The Interpersonal Violence subgroup of the American Psychological Association Interdivisional Taskforce on COVID-19

Thank you,

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