

Mental Wellness Strategies During the Pandemic

"I'm not sure how I am supposed to be feeling right now or how I can help myself cope better."

These thoughts sound familiar?

Have similar worries or concerns?

Just looking for support during this very confusing time?

"I'm having a hard time concentrating on anything right now."

"The stress of COVID-19 is really affecting me."

JOIN US

at the Sheila C. Johnson Center

for a 1-hour "Tips for Psychological Recovery" webinar!

Can't Wait! How Do I Sign Up?



Check Availability & Sign Up!

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Need More Information?

Email Dr. Matthew Yoder at msy7m@virginia.edu



Have Other Questions?

Reach us at 434-924-7034