

The Parent Navigator Program presents:

# The 6<sup>th</sup> Annual VIRTUAL MENTAL HEALTH SERIES

December 9, 16, 23, 30, 2020

2-3:15 p.m.



**Children's National**

Anyone is welcome to attend!  
Registration Required

Visit <https://bit.ly/3qEp5Sw>  
to sign up for Dec 9, 16 and 23.

Visit <https://bit.ly/2lmszb5>  
to sign up for Dec 30.



## STRESS OF VIRTUAL LEARNING

December 9, 2020 | 2-3:15 p.m.

Presenters:



**Nathaniel Beers, M.D.,  
M.P.A., F.A.A.P.**  
President, HSC Health  
Care System



**Kenya Coleman, Psy.D., L.I.C.S.W.**  
Senior Director, School Mental Health,  
District of Columbia Public Schools



**Kaushalendra Amatya, Ph.D.**  
Psychologist, Cardiology,  
Nephrology, Children's  
National Hospital



**Crystal Thomas**  
Parent Navigator,  
Children's National Hospital

## MANAGING GRIEF AND LOSS

December 16, 2020 | 2-3:15 p.m.

Presenters:



**Amanda L. Thompson, Ph.D.**  
Chief, Pediatric Psychology  
Inova Health System



**Emily Prusator, L.I.C.S.W., R.P.T.**  
Grief & Trauma Psychotherapist,  
Wendt Center For Loss and Healing

## IMPACT OF RACISM ON FAMILY WELLNESS

December 23, 2020 | 2-3:15 p.m.

Presenters:



**Allie Perez, M.S.W.,  
L.I.C.S.W.**  
School Social Worker,  
District of Columbia  
Public Schools



**Kirsten Ivey-Colson**  
Co-Founder of  
The AntiRacist  
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**Lynn Turner**  
Co-Founder of  
The AntiRacist  
Table

## STAYING MENTALLY HEALTHY - COPING STRATEGIES

December 30, 2020 | 2-3:15 p.m.

Presenters:



**Daniel S. Lewin, Ph.D.,  
D.A.B.S.M., C.B.S.B.**  
Associate Director, Sleep Medicine,  
Children's National Hospital



**Vickie Freedenberg, Ph.D., A.P.R.N.**  
Electrophysiology Nurse Scientist  
Children's National Hospital