

The Parent Navigator Program presents:

The 6th Annual MENTAL HEALTH SERIES VIRTUAL

December 9, 16, 23, 30, 2020
2-3:15 p.m.



Children's National

Anyone is welcome to attend!
Registration Required

[CLICK HERE TO SIGN UP
FOR DEC 9, 16 AND 23.](#)

[CLICK HERE 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

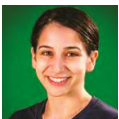


Emily Prusator, L.I.C.S.W., R.P.T.
Grief & Trauma Psychotherapist,
Wendt Center For Loss and Healing

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
Table



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