“Stress and Health: What Actually Gets Injured? The Impact of Stress on Our Daily Lives and Building Resilience” by Kevin McCauley

In this presentation, we will explore the physiology and pathophysiology of stress and trauma, how this science translates into effective strategies to minimize the impact of stress on our lives, avoid turning stress into trauma, and build resilience in order to live a long life.

Thursday, April 23, 2020-4:00 pm-5:00 pm EST
You must register before the lecture: https://catalog.pesi.com/item/59173

The Benefits of the Human-Animal Bond During COVID-19- Join us for Yappy Hour! BYOP (Bring Your Own Pet): (Sponsored by Nova Southeastern University) with Ariann Robino, Ph.D., LPC, NCC
Monday, April 27, 2020 | 5:30 P.M.
Register at https://www.nova.edu/sharkchats/index.html

Coping with COVID-19: Mental Health Tips for Children and Families with Scott Poland, Ed.D. (Sponsored by Nova Southeastern University)
Tuesday, April 28, 2020 | 12:00 P.M.
Register at https://www.nova.edu/sharkchats/index.html

School’s OUT... Why Social and Emotional Connectedness are More Essential than Ever with Anna K. Owens, Ph.D. (Sponsored by Nova Southeastern University)
Wednesday, April 29, 2020 | 2:00 P.M.
Register at https://www.nova.edu/sharkchats/index.html

“Face of Anxiety” by Amy Rhodes
Moderated by Lori Paul-retired Flight Attendant
Incorporating meditation and DBT as it relates to anxiety
Wednesday, April 29, 2020-12:00 pm EST-1:00 pm EST
Join Zoom Meeting-ZOOM MEETING  Meeting ID: 168 058 984/Password: 309272

“Peaceful Landings” by Sabrina N’Diaye
Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times
Thursday, April 30, 2020-11:00 am-1:00 pm EST
Email for registration-https://forms.gle/LsAdxkMWZoC6QQTG98

“Peaceful Landings” by Sabrina N’Diaye
Thursday, May 7, 2020-11:00 am-1:00 pm EST
Thursday, May 21, 2020-11:00 am-1:00 pm EST
Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Registration information to be advertised early May

“Mind-Body- Spirit” by Sabrina N’Diaye
Virtual healing on self-awareness, boost your immune system, and learn how to compliment self
8-week session beginning on Monday, May 11, 2020-3:00 pm-5:00 pm EST
Registration information to be advertised early May

Parents as Teachers: How to Keep Your Sanity
with Ralph E. (Gene) Cash, Ph.D., ABPP and Shannon Worton, Psy.D.
(Sponsored by Nova Southeastern University)
Wednesday, May 13, 2020 | 12:00 P.M.
Register at https://www.nova.edu/sharkchats/index.html