

# CONVERSATIONS IN COPING:

## 3 SEPARATE SESSIONS

**JOIN 3 OF OUR ESTEEMED  
LOCAL THERAPISTS  
FOR PRACTICAL SKILLS  
ON MAINTAINING SANITY  
DURING CORONAVIRUS**



**Young Israel Shomrai Emunah**



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### **MANAGING ANXIETY IN CHALLENGING TIMES**

**DR. RACHEL RAVIN, PH.D, CLINICAL PSYCHOLOGIST**

**MONDAY 3/30 -- 9PM**



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### **ANXIETY, SELF-CARE, AND USING COVID-19 TO ENHANCE OUR RELATIONSHIPS WITH OTHERS**

**DR. EMILY FRIEDMAN, PSY.D, CLINICAL PSYCHOLOGIST**

**WEDNESDAY 4/1 -- 9PM**



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### **CORONA, CATASTROPHIZING, CAPPUCINO, COPING AND HAKADOSH BARUCH HU: SOME THOUGHTS FROM A PSYCHOLOGIST**

**DR. HOWIE SCHULMAN, PH.D, CLINICAL PSYCHOLOGIST**

**MONDAY 4/13 -- 8PM**

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**Join Zoom Meeting**

**<https://zoom.us/j/4169639000>**

**Meeting ID: 416 963 9000**

**One tap mobile**

**+19292056099,,4169639000# US (New York)**

**No pin necessary**

**OPEN TO THE COMMUNITY**

**Please email questions in advance to: [Esteesilver13@gmail.com](mailto:Esteesilver13@gmail.com)**