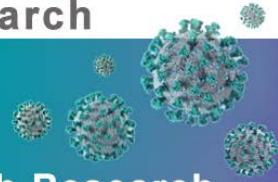




Institute for Mental Health Research

COVID-19 Webinar Series

**Navigating the Pandemic:  
Lessons Learned from Mental Health Research**



Thursday, March 25, 2021, 11:00 am MST / Arizona

## Helping Kids Cope How Families Can Manage Pandemic-Related Stress



### Featuring Ginger Carlson, PhD

Clinical Pediatric Psychologist and  
Section Chief of Pediatric Psychology,  
Phoenix Children's Hospital

&

### Keith Crnic, PhD

Chief Science Officer, Institute for Mental Health Research  
Emeritus Professor and Former Chair, Department of Psychology, Arizona State University  
Nationally recognized clinical and developmental scientist

**Free**

**Click Here To Register Now!**

**Child and family mental health** have been affected by the **COVID-19 pandemic** in countless unique ways. The ongoing stress has impacted every aspect of community, school and family life. With kids studying from home, Schools opening and closing, persistent fear of the virus – and for some, work, food and housing instability – traditional **ways of coping** may not be working. So we've asked mental health specialists to share their research and expertise.

In this webinar, you'll learn about **coping strategies** that build **hope and resilience**, as well as specific evidence-based steps every parent can take *right now* to help their children, themselves and their families to **rally, thrive and improve mental health**. Drs. Carlson and Crnic will make time for **interactive Q&A** so you can get answers to your most pressing questions.

Learn more about IMHR: [www.imhr.org](http://www.imhr.org)

**Register Here**

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