

Responding to the COVID-19 pandemic in our community can have a significant impact on UM healthcare providers. **Stress management and fostering resilience is essential to our well-being, and to our ability to provide ongoing care.** The UHealth Wellness Program, in collaboration with the Center for HIV and Research in Mental Health (CHARM), and the Department of Psychology, is offering a series of educational group activities to our faculty, residents, nurses and staff. These groups will last one hour and will focus on a specific topic. The topics presented in rotation will change from one week to the next. They include: mindfulness, dealing with anxiety, parents/children/families, and grief. The format of each session includes an educational presentation followed by a question/answer session. The groups are open to everyone, although we tried to constitute them based on professional roles. Feel free to join us at your convenience.

WEEK 1

Tues, April 28

5-6pm: **UHealth Staff** join via Zoom

Topic: *GRIEF*

Facilitators: Maria Rueda-Lara, MD / Christina Pozo-Kaderman, PhD

6-7pm: **UHealth Faculty** join via Zoom

Topic: *MINDFULNESS*

Facilitators: Deborah Jones Weiss, PhD / Zelde Espinel, MD / Lunthita Duthely, EdD

Thurs, April 30

5-6pm: **UHealth Nursing** join via Zoom

Topic: *PARENTS/CHILDREN/FAMILIES*

Facilitators: Jill Ehrenreich-May, PhD / Vanessa Padilla, MD

6-7pm: **Residents/Fellows** join via Zoom

Topic: *MANAGING ANXIETY*

Facilitators: Steven A. Safren, PhD / Audrey Harkness, PhD

WEEK 2

Tues, May 5

5-6pm: **UHealth Staff** join via Zoom

Topic: *Parents/Children/Families*

Facilitators: Jill Ehrenreich-May, PhD / Vanessa Padilla, MD

6-7pm: **UHealth Faculty** join via Zoom

Topic: *GRIEF*

Facilitators: Maria Rueda-Lara, MD / Christina Pozo-Kaderman, PhD

Thurs, May 7

5-6pm: **UHealth Nursing** join via Zoom

Topic: *Managing Anxiety*

Facilitators: Steven A. Safren, PhD / Audrey Harkness, PhD

6-7pm: **Residents/Fellows** join via Zoom

Topic: *MINDFULNESS*

Facilitators: Deborah Jones Weiss, PhD / Zelde Espinel, MD / Lunthita Duthely, EdD

WEEK 3

Tues, May 12

5-6pm: **UHealth Staff** join via Zoom

Topic: *MANAGING ANXIETY*

Facilitators: Steven A. Safren, PhD / Audrey Harkness, PhD

6-7pm: **UHealth Faculty** join via Zoom

Topic: *PARENTS/CHILDREN/FAMILIES*

Facilitators: Jill Ehrenreich-May, PhD / Vanessa Padilla, MD

Thurs, May 14

5-6pm: **UHealth Nursing** join via Zoom

Topic: *MINDFULNESS*

Facilitators: Deborah Jones Weiss, PhD / Zelde Espinel, MD / Lunthita Duthely, EdD

6-7pm: **Residents/Fellows** join via Zoom

Topic: *GRIEF*

Facilitators: Maria Rueda-Lara, MD / Christina Pozo-Kaderman, PhD

WEEK 4

Tues, May 19

5-6pm: **UHealth Staff** join via Zoom

Topic: *MINDFULNESS*

Facilitators: Deborah Jones Weiss, PhD / Zelde Espinel, MD / Lunthita Duthely, EdD

6-7pm: **UHealth Faculty** join via Zoom

Topic: *MANAGING ANXIETY*

Facilitators: Steven A. Safren, PhD / Audrey Harkness, PhD

Thurs, May 21

5-6pm: **UHealth Nursing** join via Zoom

Topic: *GRIEF*

Facilitators: Maria Rueda-Lara, MD / Christina Pozo-Kaderman, PhD

6-7pm: **Residents/Fellows** join via Zoom

Topic: *PARENTS/CHILDREN/FAMILIES*

Facilitators: Jill Ehrenreich-May, PhD / Vanessa Padilla, MD