



Network of
Women

COLUMBUS STATE
COMMUNITY COLLEGE



Tri-C® Network of Women and Columbus State Community College
Women's ERG invite you to a virtual presentation

Positive Coping Strategies During the COVID-19 Pandemic

Thursday, Jan. 28 | 3-4:30 p.m.

Featuring a panel of experts:

Jose Moreno, Ph.D.

Assistant Clinical Professor
Wexner Medical Center,
The Ohio State University

Amanda Burger, Ph.D.

Clinical Psychologist
MetroHealth Medical Center

What to expect:

- Moderated panel discussion with Q&A
- Discussion of strategies for managing stress, social isolation, anxiety and work-life balance during the COVID-19 pandemic
- Understanding the latest research on racial disparities and the pandemic's impact on diverse populations

All gender identities welcome!

Participants should complete [this short survey](#)
no later than Monday, Jan. 25.