

DEALING WITH THE STRESS FROM COVID-19?

**JOIN OUR VIRTUAL DISCUSSION
ON MENTAL HEALTH, EQUITY
AND RESILIENCE**

**PRESENTED BY NYC DEPARTMENT OF HEALTH &
MENTAL HYGIENE**

TUESDAY, NOVEMBER 17TH, 5PM - 6:30 PM

THURSDAY, NOVEMBER 19TH, 5PM - 6:30PM

TOPICS DISCUSSED:

Impact on Mental Health, Disparities in Communities of Color, Trauma, Self-Care & Mental Health Resources

[HTTPS://US02WEB.ZOOM.US/J/2329272934](https://us02web.zoom.us/j/2329272934)

MEETING ID: 232 927 2934

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**For any questions, please contact
Letica Lucero at 718-839-5285**



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