

Mental Stress: A COVID Crisis

Discover strategies to mitigate the impact of COVID-19 on the mental well-being of families and children.

Tuesday, April 13, 2021

6:00 P.M.

A FREE, VIRTUAL EVENT



SPONSORED BY:



Hampton Roads
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M. FOSCUE BROCK
INSTITUTE FOR COMMUNITY
AND GLOBAL HEALTH

Hear from these Mental Health experts



Adam Alexander, Ph.D.

Assistant Professor at Oklahoma Health Sciences Center and 2019 National Institute of Minority and Health Disparities Fellow

Mary Margaret Gleason, M.D.

Pediatrician and Child Psychiatrist, Children's Hospital of The King's Daughters; Division Director, Child and Adolescent Psychiatry, EVMS



Moderator: Cynthia Romero, M.D.

Director, M. Foscue Brock Institute for Community and Global Health, EVMS

RSVP at [MentalStressandCOVID.eventbrite.com](https://www.eventbrite.com/e/mental-stress-a-covid-crisis-tickets-14984848848)
or (757) 622-7951

*This event is a part of the **Understanding Hampton Roads** series, which is the Hampton Roads Community Foundation's effort to advance civic engagement in Southeastern Virginia. It includes forums on key topics to help build understanding, to inspire action, and to bring people together to help improve life in our region.*