Our world is rapidly changing amidst the COVID-19 health crisis. Worry, fear, and anxiety are common reactions to stressful situations, and can be overwhelming during a crisis. In this webinar, Dr. Dominguez will review the importance of mental and emotional health as well as discuss strategies for coping during this unprecedented time.

17 April, 2020 | 12PM-1PM | ZOOM Link: https://odu.zoom.us/j/342649429