



Lunch & Learn Series

Back-to-[Home]School: Enhancing Coping and Resilience during COVID

Presented by:

Shatavia Alexander Thomas, DMFT, LMFT

Dr. Shay Speaks, LLC

Overview:

Providing support during this unprecedented time of fear and uncertainty is essential. As school district professionals determine feasible timelines and identify necessary resources, they also contemplate factors related to facilities and safety. As administrators rally together to offer direction, teachers, parents and mental health professionals explore ways to buffer the stress associated with the pandemic. Participants attending this training will gain insight, strategies and resources that will equip them to support the coping and resilience of children during COVID.

About the Presenter:

Dr. Shatavia A. Thomas obtained her Bachelor's Degree in Psychology and Master's Degree in Professional Counseling from Georgia State University in Atlanta. She earned her Doctorate Degree in Marriage and Family Therapy (DMFT) from Nova Southeastern University in Fort Lauderdale, FL. Dr. Shay is a Licensed Marriage and Family Therapist (LMFT), a Clinical Fellow of the American Association for Marriage and Family Therapy (AAMFT), an AAMFT Approved Supervisor, and a National Certified Counselor (NCC). She is the family therapist for the Acquired Brain Injury Unit at Shepherd Center, LLC. and owns Dr. Shay Speaks, LLC – offering therapy and consulting services to individuals, couples, families and businesses. She is also currently the Director of MFT Clinical Training for the MFT Program at Northcentral University.

Date, Time & Location

Friday, August 21, 2020
12pm – 1pm

VIRTUAL / WEBINAR

Webinar details will be provided following registration

Cost and Registration: FREE

Please register & direct event-related questions at:
Sandra.Juric@uhsinc.com

No continuing education credit is offered for the lunch & learn series. The webinar is open to licensed mental health professionals and other allied health professionals (case managers, nurses, home health care workers, etc.)