

# SURVIVAL GUIDE SERIES



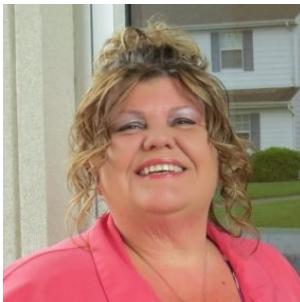
Mindfulness During a Crisis: A Survival Guide

Join Us, April 29 at 1:00 pm EDT

**REGISTER NOW** at for a special presentation on implications of the COVID-19 pandemic on families.

During this free webinar from Healthy Connections, co-hosted by Marshall University and Marshall Health, Katrina Jefferson and Andrea Roy will discuss mindfulness - what it is, why it works, and simple techniques that can help your family be calmer while sheltering at home.

## KEYNOTE PRESENTERS



- **Katrina Jefferson, MSW, LCSW, RPT-S, CTT**, Registered Play Therapy Supervisor, Certified Trauma Therapist, Owner/Therapist, PeaceTree Center for Wellness, TLC Services
- **Andrea Roy**, WV TIME4K (West Virginia – Trauma Informed Mindfulness Engagement for Kids) Project Coordinator, Marshall University College of Health Professions



This free learning session is being produced by Quality Insights, a Charleston, West Virginia-based non-profit that's providing in-kind marketing, branding and outreach services for Healthy Connections as part of its mission to bring people and information together to improve health.

Healthy Connections is a collaboration of more than 25 agencies serving the Huntington area, including Marshall University's Department of Psychology, Department of Social Work, and Department of Communication Disorders, Marshall Health, Marshall University Joan C. Edwards School of Medicine, River Valley Child Development Services, Cabell Huntington Hospital, St. Mary's Medical Center, Valley Health Systems Inc., Cabell Huntington Health Department, the West Virginia Department of Health and Human Resources, Lily's Place, Recovery Point WV, the City of Huntington, Mountain Health Network, Prestera Center and more.