FREE EVENT

Self-Care and COVID-19

Thursday, October 22, 2020
7:30–9:00 P.M. ET
Closed captioning will be available

REGISTER:
on.apa.org/self-care
or email
womensprograms@apa.org

With the stress and anxiety of the pandemic, racial injustice, money, parenting, and relationships, we could all use a little self-care right now. In recognition of Domestic Violence Awareness Month, the American Psychological Association’s Women’s Programs Office and Committee on Women in Psychology, Black Women’s Health Imperative, and National Resource Center on Domestic Violence would like to emphasize the need for self-care for self-identified women.

This workshop will contain hands-on activities to teach self-identified women how to increase self-care in your daily life. Self-care includes talking to yourself kindly, increasing boundaries with others, and engaging in activities that provide restoration and support. Join us for an evening of self-care and self-love as we bring together experts to offer guidance on how to take the best possible care of you. Come with plenty of questions for our Q&A with the presenters.

**PRESENTERS:**

- **Shari E. Miles-Cohen, PhD**
  Senior Director, APA Women’s Programs Office

- **Jameta Nicole Barlow, PhD, MPH**
  Psychologist, APA Committee on Women in Psychology

- **Shana Word Davis, MJ**
  Senior Program Director, Black Women’s Health Imperative

- **Heidi Notario, MA**
  Board Member, National Resource Center on Domestic Violence

- **Charlotte McCloskey, PhD**
  Psychologist, APA Committee on Women in Psychology

- **Lauren Stutts, PhD**
  Psychologist, APA Committee on Women in Psychology

SPONSORED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION BLACK WOMEN’S HEALTH IMPERATIVE, AND NATIONAL RESOURCE CENTER ON DOMESTIC VIOLENCE