



PSYCHOLOGICAL FIRST AID DURING A PANDEMIC

CO-SPONSORED BY LILRC AND NCLA HEALTH SERVICES COMMITTEE

FEBRUARY 11, 2021 @10AM

- **MEET IRENE SCHMERLER-LENNA, A SUPERVISOR OF BEHAVIOR HEALTH IN THE NORTHWELL HEALTH SYSTEM AND A CERTIFIED REHABILITATION AND MENTAL HEALTH COUNSELOR.**
- **EXPLORE DIFFERENT MANIFESTATIONS OF STRESS, ISOLATION, AND WHEN ONE SHOULD BE ALARMED.**
- **DISCUSS VARIOUS COPING STRATEGIES DURING THIS PANDEMIC WITH AN EMPHASIS ON MINDFULNESS MEDITATION.**

THIS PROGRAM IS FREE TO ALL

PLEASE CONTACT MARK SHIMNOSKI AT MSHIMNOSKI@FRANKLINSQUAREPL.ORG TO RECEIVE ZOOM LINK

CEU'S AVAILABLE UPON REQUEST