Mental Health
Virtual Panel Discussions:

CARING FOR SELF

Caring for Self and Others as Campus Re-Opens

Whether you are currently on campus or are preparing to return, the fall semester will bring new challenges. Join these Mental Health Panel Discussions to identify ways you can continue caring for yourself and others.

THURSDAY, JULY 30

1:00 – 2:00PM CST

→ ZOOM: UIOWA.ZOOM.US/J/99241701670

Arwa Aburizik, MD, MS
Clinical Associate Professor of Internal Medicine Hematology, Oncology and Blood and Marrow Transplantation

Bronwyn Threlkeld-Wiegand, LISW
Senior Behavioral Health Clinician, UI Employee Assistance Program University Human Resources

Nikole Mac, MBA
Director, Leadership Development Organizational Effectiveness

Kimberly J. Hart, PhD
Clinical Associate Professor Department of Psychiatry

Beverly Klug, MA, LMFT
Licensed Marriage and Family Therapist Director of Mindfulness Programs Department of Psychiatry

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact University Counseling Service at 319-335-7294.