Coping in the time of COVID-19 is an uncharted, life-changing task for everyone, and it can make caring for our own mental health and the mental health of those around us a challenge.

Join our virtual Panel Discussion on Thursday, April 23 to learn about resources and strategies for coping with COVID-19.

COPING IN THE TIME OF COVID-19

STUDENTS | NOON – 1:15PM CST
→ ZOOM: UIOWA.ZOOM.US/J/98325033953

FACULTY & STAFF | 1:30 – 2:45PM CST
→ ZOOM: UIOWA.ZOOM.US/J/99144926236

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.