Virtual Programs to Support Healthcare Professionals During COVID-19

**Mindful Moments for Professionals**
Tuesday, April 7, 14 & 21, 10:00-10:30am Eastern Time (US and Canada)
Facilitated by: C. Virginia F. O’Hayer, PhD
Clinical Associate Professor; Director, Jefferson Center City Clinic for Behavioral Medicine

Healthcare providers are on the front lines, often dealing with many stressful events surrounding COVID-19. Please join us for a 30-minute mindful practice to help decrease anxiety and stress and focus on you!

Join Zoom Meeting: [https://Jefferson.zoom.us/j/464660019](https://Jefferson.zoom.us/j/464660019)
Meeting ID: 464 660 019
One tap mobile
+16468769923,,464660019# US (New York)
+13126266799,,464660019# US (Chicago)

**Coping Effectively with COVID-19 (For Professionals)**
Wednesday, April 8, 15, 22 & 29 from 3:00-3:30pm,
Facilitated by: **C. Virginia F. O’Hayer, PhD**
Clinical Associate Professor; Director, Jefferson Center City Clinic for Behavioral Medicine

Feeling anxious, worried, and stressed as a healthcare worker? Join us for a 30-minute session to help build balance and structure, learn self-compassion, prioritize work-life balance, help build skills to manage anxiety, and provide yourself with permission “to let go a little.”

Join Zoom Meeting: [https://Jefferson.zoom.us/j/904941533](https://Jefferson.zoom.us/j/904941533)
Meeting ID: 904 941 533
One tap mobile
+16468769923,,904941533# US (New York)
+13126266799,,904941533# US (Chicago)
Mindful Yoga for Healthcare Professionals (Virtual)
Friday, April 17, 12:00pm Eastern Time (US and Canada)
Facilitated by: Michelle Stortz

Join us virtually for a 30 minute yoga session to help you decompress from the stress of being a care provider. Michelle will guide you through some mindful yoga to help decrease stress and help connect you with others.

Join Zoom Meeting
https://Jefferson.zoom.us/j/143161355
Meeting ID: 143 161 355
One tap mobile
+16468769923,,143161355# US (New York)
+13126266799,,143161355# US (Chicago)

Healing through Humor
Wednesday, April 15, 2020; 12:00Pm-1:00PM EST
Facilitated by: Caroline Rhoads, MSW Intern

Join us virtually for a program focusing on healing through humor by getting moving, playing games and helping you get out of your head and into your body! We will learn to use creativity and imagination as a much needed distraction.

Join Zoom Meeting
https://Jefferson.zoom.us/j/678378867
Meeting ID: 678 378 867

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+13126266799,,678378867# US (Chicago)

Individual Counseling or Support Services Available at no Charge
Dr. Virginia O’Hayer and her group of students have graciously volunteered to provide one-on-one counseling and support to any cancer center staff member who may need extra support during this time. Sessions can vary from 15 minutes to traditional counseling appointments of 45 minutes based upon your need. If you would like to schedule an appointment for 1:1 support, please contact Mayra Mantilla at mayra.mantilla@jefferson.edu