

Virtual Programs to Support Healthcare Professionals During COVID-19

***All programs offered free of charge, please register at least 5 minutes prior to the program (we've added this for extra security to all of our online meetings for patients and staff)**

Mindful Yoga for Healthcare Professionals (Virtual)

Friday, April 17, 12:00pm-12:30PM 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.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/vJAudu-rT4v6GYY7NjKfEcXobmXIXPSUQ>

Mindful Moments for Professionals

Tuesdays, April 21, April 28, May 5 & 12th 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!

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/uZIpce-orjojORiEeenxX192zH-M8T2hyg>

Mindful Self-Compassion

Wednesday, April 29, 2020; 12:00Pm-12:30PM EST

Facilitated by: **Donald Friedman, MD**; Co-Director of The Healer's Art at Jefferson

Mindful Self-Compassion is defined as treating yourself with the same kindness you would show a friend who has difficulty or is suffering. MSC is now recognized as a practice that can be learned, fostering greater happiness, more life satisfaction, and less depression and anxiety. We will discuss the concepts of MSC and practice short meditations that promote our own compassion for ourselves.

Register in advance for this meeting:

<https://Jefferson.zoom.us/meeting/register/tJwqd-ysrDIvHdwGoiYAjtMPRrzB7fjldop>

For Jefferson Staff Only:

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