

Casey House Mental Health Series *in collaboration with the Ontario AIDS Network*

**Coping with Challenge and Change during the COVID-19
Pandemic: For HIV Frontline Health Care and Support Service
Professionals**

Wednesday May 27, 2020

3:00 - 4:30 p.m.

Zoom link: <https://us02web.zoom.us/j/89403110655>

Speaker: Dr. Anita Gupta

Clinical, Health & Rehabilitation Psychologist

This webinar will aim to be a practical discussion of the challenges faced by HIV front-line health care and support service professionals during the COVID-19 pandemic as well as strategies to cope. We will consider issues such as personal and professional expectations, challenges with engaging in self care and self compassion, and how to stay present and engaged while providing care during this time of uncertainty and change.

Dr. Anita Gupta is clinical, health, and rehabilitation psychologist in Toronto, Ontario. She has experience working with a broad spectrum of health and mental health populations and has a special interest in issues related to the health and well-being of healthcare professionals. Her clients include health care providers on the front-line during COVID-19.

We look forward to seeing you virtually for this important talk on managing challenges and staying engaged during this time of uncertainty and change.

Also, please see the links below for mental health and other resources during the COVID 19 pandemic.

For updated resources, visit:

Wellness Together Canada:

<https://Canada.ca/coronavirus>

<https://ca.portal.gs/>

Ontario supports:

<https://covid-19.ontario.ca>

<https://www.ontario.ca/page/2019-novel-coronavirus>