

The Parent Navigator Program Presents:

The 8<sup>th</sup> Annual

# VIRTUAL MENTAL HEALTH WEBINAR

June 2, 2022, from 2 - 3:30 p.m.



**Children's National**

Anyone is welcome to attend!  
Registration Required

[CLICK HERE TO SIGN UP](#)



## MODERATOR

June 2, 2022 | 2 - 3:30 p.m.



Maria Lauer, Ph.D.  
Psychologist  
Children's National Hospital

## EXAMINING HOW WE SEE ANXIETY & DEPRESSION

June 2, 2022 | 2 - 3:30 p.m.

Presenters:



Monica Hammock, LICSW, LCSW-C  
Supervisory Social Worker,  
Department of Behavioral Health  
School-Based Behavioral Health Program



Carrie Grundmayer, LICSW, LCSW-C  
Supervisory Social Worker,  
Department of Behavioral Health  
School-Based Behavioral Health Program

## BUILDING YOUR EMOTIONAL COPING TOOLKIT

June 2, 2022 | 2 - 3:30 p.m.

Presenters:



Julie Heier, Ph.D., M.A.  
Psychologist  
Children's National Hospital



Sabera Sobhan-Mosley, Ph.D.  
Psychologist  
Children's National Hospital