



**UPCOMING WEBINAR!**

# IMPACT OF COVID-19 ON MENTAL HEALTH AND WELL-BEING

## **OBJECTIVES**

- Describe the impact of COVID-19 on mental health and well-being
- Identify strategies for increasing resilience during COVID-19
- Identify resources for additional support

## **PRESENTER:**

- Dr. Martin M. Antony is a professor in the Department of Psychology at Ryerson University, provincial clinical lead for the Ontario Structured Psychotherapy Program, and president of the Association for Behavioral and Cognitive Therapies.

**DATE: MONDAY, JUNE 8, 2020**

**TIME: 1:00PM - 2:00PM (ET)**

**REGISTRATION URL:**

[IMPACTOFCOVID19ONMENTALHEALTHANDWELLBEING.  
EVENTBRITE.CA](https://www.eventbrite.ca/e/impact-of-covid-19-on-mental-health-and-well-being)

**camh**

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