



**FOR IMMEDIATE RELEASE**

**Contact:** NAMI Farmington Valley

**Phone:** 860.479.6264

**Contact:** Pat O'Konis [pokonis@namict.org](mailto:pokonis@namict.org)

## **COPING DURING COVID**

*How to Support Children and Families, an online conversation with two area experts*

NAMI Farmington Valley will host an online panel discussion with Dr. Kathleen Webb, PsyD and Deanne Anderson, MS/OT/L on how Covid-19 is impacting you and your families in everyday life. How do we deal with Covid fatigue? How can we support and validate our children's stress and anxiety? What tools can we use to manage change? Why is virtual learning so hard? Learn how to identify strategies that would work for your child and family.

**Event: Coping during Covid: How to support children and families**

**Date: February 22, 2021 from 7:00-8:30 pm**

**Registration Link: [www.namifarmingtonvalley.org/feb2021](http://www.namifarmingtonvalley.org/feb2021)**

**Deanne Anderson, MS/OT/L** is an occupational therapist and owner of Creative Development, a pediatric therapy center in Avon, CT. Deanne is an adjunct faculty member at Quinnipiac University. Her areas of specialty include neurological dysfunction, visual and cognitive impairment, executive dysfunction and educational advocacy. She believes in a holistic approach among caregivers and clinicians to support and affect change in the skills necessary for everyday living. Learn more at: [creativdevelopmentct.com](http://creativdevelopmentct.com)



**Dr. Kathleen Webb, PsyD** is a psychologist and owner of Greater Hartford Wellness who believes creating clarity for self, for others, and for the world is a key to health and wellness. She utilizes evidenced-based treatments such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and Trauma-Focused Cognitive Behavioral therapy. She has been in private practice since 2010 in the Farmington Valley serving children, families and adults.



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*The mission of NAMI Farmington Valley is to support people with mental illnesses including children, and their friends and families; educate and inform people with mental illnesses and their families about services and treatment available in the community; eliminate stigma by developing public understanding of the challenges of living with a serious mental illness; advocate for better services and treatments, protection of rights and research. To accomplish these goals we provide support groups, educational presentations, and classes that are free of charge and open to the public. Learn more at: [www.namifarmingtonvalley.org](http://www.namifarmingtonvalley.org)*

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If you would like more information about this topic, please call Pat O'Konis at [pokonis@namict.org](mailto:pokonis@namict.org)