



YOUTH TOWN HALLS SPONSORED BY
CHILDREN'S NATIONAL HOSPITAL, RODHAM INSTITUTE, AND
BLACK COALITION AGAINST COVID-19

COVID-19 & BEYOND SERIES

Wednesdays from 12pm to 1pm

Join us for a series of town halls for teenagers and young adults!

Jan 13 - Mental Health vs Mental Illness: What Youth Should Know

Jan 27 - Sick and Tired: The Impact of COVID-19 on Mental Health

Feb 3 - #MyMentalHealthMatters: Mindfulness and Being a Better Me

Feb 10 - Living in a Pandemic: What is COVID-19?

Feb 17 - The New Normal: Lessons Learned from COVID-19

Feb 24 - Breaking the Shackles of Our Past: Medical Mistrust and the COVID-19 Vaccine

Advanced Registration Required: <https://bit.ly/34YeUiF>

