



Fort Bend County Behavioral Health Services May is Mental Health Awareness Month 2020

Join us for a Lunch Time Mental Health Seminar
12pm to 1pm

[Via Facebook Live on Judge KP George's Facebook Page](#)

May 7 **Children's Mental Health Day: Recognizing the Importance of Our Children's Mental Health**

Location: **Facebook Live**

Presenters: Dr. Almeida, Dr. Martin & Dr. Profilet

May 11 **Resiliency: Our Ability to Cope and Thrive**

Location: **Facebook Live**

Presenters: Dr. Almeida

May 13 **Building Resilience in Children during the COVID-19 Pandemic**

Location: **Facebook Live**

Presenter: Dr. Sue Profilet

May 18 **SPECIAL GUEST PRESENTATION: Managing Stress and the Pandemic**

Location: **Facebook Live**

Presenter: Sue Levin, Ph.D., LPC-Supervisor, LMFT-Supervisor, Executive Director, HGI Counseling, Faculty, Taos Institute, Faculty, Center for Mind-Body Medicine

- The common stressors that we are all feeling
- The impact stress has on mind and body
- How becoming resilient can impact your immune system
- A few quick exercises to reduce stress

May 20 **Compassion Fatigue**

Location: **Facebook Live**

Presenter: Dr. Todaro & Dr. Martin

May 27 **Anxiety and Fears**

Location: **Facebook Live**

Presenters: Dr. Todaro & Christin Lee LPA

For additional information or requests with assistance, please call at 281-238-3079 or email at

bhsdept@fortbendcountytexas.gov

COVID and Your Mental Health: Fort Bend County Resource Line

M- W 8 to 5pm 832-363-7094

<https://www.fortbendcountytexas.gov/government/departments-a-d/behavioral-health-services>

<https://covid-19-fort-bend-county-response-fbcgis.hub.arcgis.com/>

