

Helping families and individuals affected by mental illness build better lives through education, support, and advocacy. We are NAMI-NYC.

*Please join us for any of these education events online.
They're free. Just RSVP to get the link - thank you!*

COVID-19 and Our Mental Health

Many people refer to COVID-19 as a traumatic event. How do we take care of our mental health when many of our coping mechanisms have been and may continue to be inaccessible?



Join us to address these questions, with live Q&A.



**Monday May 11 from 6 to 7pm ET
via Zoom.**

COVID-19 and Our Mental Health

Mon May 11
6 to 7pm via Zoom

NAMI
New York City Chapter

[RSVP here for COVID-19 and Our Mental Health](#)

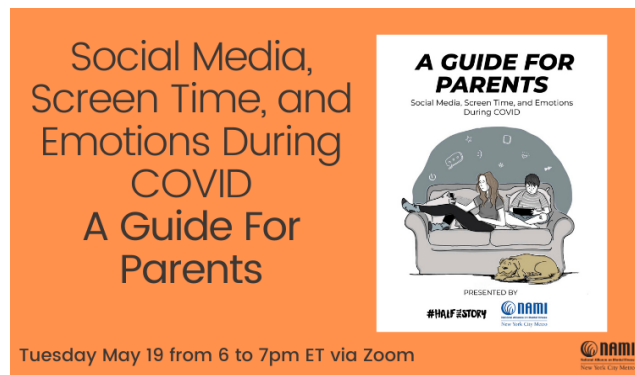
Social Media, Screen Time, and Emotions During COVID
A Guide For Parents

A toolkit to help parents and other caregivers navigate digital wellness for youth during COVID.

[Dr. Tracy Dennis-Tiwary, PhD](#), will join #HalfTheStory founder, Larissa May, for a live workshop and Q&A to discuss the challenges of parenting during the COVID-19 era.

They will be joined by documentary maker Delaney Ruston and her teen daughter Tessa Ruston. Ms. Ruston's *SCREENAGERS: Growing Up in The Digital Age* is the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions that work.

Tuesday May 19 from 6 to 7pm ET via Zoom.



[RSVP here for Social, Screen, and Emotions During COVID](#)

Stay connected to NAMI-NYC on social



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