

MENTAL HEALTH IN THE AGE OF DRAMATIC CHANGE AND UNCERTAINTY


Register now

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Live webinar

 08 May 2020

 12 noon - 1:30 p.m. EDT

Registration for this event is closed.

Webinar

Are you and your employees maintaining good mental health and wellness during the pandemic?

Understandably, many of us are struggling with stress and anxiety right now. To help you and your teams feel and function at your best, please join us on **Friday, May 8 at 12 p.m. ET** for an interactive webinar with [Dr. Jennifer Laffier](#) (assistant professor, Faculty of Education, Ontario Tech University) and [Michael Herman](#) (partner and general counsel, Gowling WLG).

Our speakers will provide key information and practical tips on what individuals can do to take care of themselves -- and the tangible actions leaders can take to support their staff as we work toward a collective recovery:

- Dr. Laffier will share her perspective on dealing with uncertainty, stress and isolation, as well as how to achieve and maintain prolonged wellness during the pandemic.
- Michael will share his personal experience with depression and the lessons he learned as relates to his working life.

We hope you will attend our webinar -- which coincides with [Mental Health Week](#) -- to discuss how we can support one another and develop effective coping strategies as we navigate thi

extraordinary time together. RSVP now to reserve your spot.

Gowling WLG Speaker

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