



MENTAL MUNCHIES & YOU ASKED FOR IT

MONDAY & FRIDAY 12PM-1PM
ZOOM MEETING

<https://ttuhsc.zoom.us/j/8753365524>

meeting ID: 875-336-5524

Facebook: @ttuhscpsychiatrypermianbasin

- 1/9 (Monday) Relationship, Family and Mental Health Susie Marquez, LPC-S
- 1/27 (Friday) Find Your Calm: The Benefits of Stress Management Dr. Vora
- 2/6 (Monday) Breaking the Cycle: Negative Thoughts Patterns and Depression Dr. Chapman
- 2/24 (Friday) Eating Disorder: About More Than Food Dr. Kodi
- 3/6 (Monday) Cloudy vs Sunny Days – Seasonal Affective Disorder Dr. Trivedi
- 3/24 (Friday) Wipe Your Tears: How to Cope with Grief Dr. Husain
- 4/3 (Monday) Understanding Children with Autism: Myths and Facts Dr. Nandakumar
- 4/28 (Friday) The Addiction Cycle: Substance Abuse and Mental Health Dr. Saad
- 5/12 (Friday) Mind, Body, Spirit: An Integrative Approach to Mental Health Dr. Jain
- 5/22 (Monday) Hitting Reset: How to Manage Burnout and Compassion Fatigue
Dr. Yousefzadeh
- 6/5 (Monday) When Fear Overwhelms: Panic Attack and Panic Disorder Dr. Nabi
- 6/23 (Friday) Fireworks or Gunshot? Everyday Things That Trigger PTSD Dr. Adnan

For more information, please reach out pbpsychadmin@ttuhsc.edu