

**January 11: Eva Cedillo, LPC**

Clean Off Your Desk: How to Improve Your Mental Health at Work

February 15: Dr. Chapman

I Am Good Enough?!: Self-Esteem and Mental Health

March 15: Dr. Chaudhari

The Cutting Edge: Non-Suicidal Self-Injury in Adolescence

April 19: Dr. Yousefzadeh

Myth and Facts: Things You Need to Know about Autism in Children

May 17: Dr. Khan

When Mom Is Depressed: Maternal Depression and Baby Blues

June 14: Dr. Madia

Shedding Light on The Shadow: PTSD in Children and Adolescents

January 29: Dr. Manikkara

The Power of Positive Thinking: How Positive Thoughts Improve Mental Health

February 26: Dr. Muzwagi

Understanding Eating Disorders

March 26: Dr. Jain

Living Well: How to Live with Bipolar Disorder

April 30: Dr. Rila

When Nobody Knows Your Sorrow: On Parenting a Child with Mental Illness

May 28: Kristi Kincheloe, PA

TBA

June 25: Dr. Varela

Sleep and Mental Health

For more information please contact: pbpsychadmin@ttuhsc.edu

Zoom Link <https://ttuhsc.zoom.us/j/8753365524> **Meeting ID** 875-336-5524