Emotional Resilience during Covid-19
Meet your moderators

Virginia Lopez-Bunnemeyer, LCSW
- OLP class of ’87
- UCSD
- Smith College SSW
- Rady Children’s Outpatient Psychiatry
- Essential oils & mental health

Anita Heveron
- OLP class of ’00
- Bachelors- NNU
- Masters - PLNU
- Certificate in College Admissions and Career Planning - UC Berkeley
Intention Setting

- Family focused approach
- Instilling Confidence
- Community support
Series Outline

1. Intro to candid conversation series
2. Stress response
3. Grief & Loss
4. Family strengths
5. Student panel
6. Research & Next steps.
Write down how COVID has personally impacted you (increased fear, anxiety, frustration, changes in work, social life).

*try to focus on you, and how COVID has affected you directly*
Q&A