



**FREE! For College Students Coping in the New Normal**

## This is not the Spring Semester you imagined.

You're facing challenges presented by remote learning. You've moved out of your residence hall. Your athletics season is over. You miss your community of friends, teammates, professors, and coaches. With your life totally turned upside down, the circumstances you're experiencing can take a toll on your mental health and overall well-being.

We understand what you're going through, and we are here to help! Join this free seminar—led by a panel of experts—to learn how to manage your stress, anxiety, and emotions. You'll have the opportunity to ask questions as you gain vital knowledge to help you cope in this new normal.

**Sponsored by:**



## Panel Experts



### **Janet Taylor, M.D.**

Dr. Janet Taylor is a community psychiatrist in Sarasota, FL. The practice of community mental health is extremely rewarding to her because "being on the frontline with individuals and their families battling the emotional and economic impact of mental illness is where I can make a difference." She attended the University of Louisville in Louisville, KY, for undergraduate and medical school. An internship in internal medicine at the Miriam Hospital-Brown University followed. Her psychiatric residency was completed at New York Medical College-Westchester Medical Center. Dr. Taylor received a Master's of Public Health in Health Promotion/Disease Prevention from Columbia University.

A frequently invited speaker and media expert on the subjects of minority health, self-care, stress management, parenting and work-life balance, and implicit bias. Dr. Taylor is a certified Life-Coach, trained in Co-Active Coaching at The Coaches Training Institute, San Rafael, CA.



### **Rana Chudnofsky, M.Ed.**

*Director, Positivity and Relaxation Training (PART) Program and Resilient Youth*

A mind body practitioner and accomplished lecturer for nearly two decades, Rana Chudnofsky helped create the Positivity and Relaxation Training (PART) program – a self-care education program for delivery in community and corporate settings – at Mass General Hospital's Benson-Henry Institute. A frequent public speaker and lecturer, she specializes in relaxation techniques and cognitive strategies for clinical treatment centers, schools and universities, as well as group-based self-care programming for veterans with PTSD. She has a master's in Technology in Education from Harvard University School of Education, and a dual B.A. in psychology and education from the University of Massachusetts-Amherst. She is also an established entrepreneur and the founder of NextStep Training Inc., a Newton-based technical software training firm.



### **Beth Greenberg, Ph.D.**

*Becker College, Associate Professor of Psychology and Mental Health Counseling Program Coordinator, Master of Arts in Mental Health Counseling*

Dr. Greenberg is a licensed clinical psychologist with over 25 years of experience in outpatient counseling and school consultation. She leads the MMHC program in the delivery of high-quality, hands-on training for students while also addressing the mental health needs of the surrounding community through the Community Counseling Clinic @ Becker College. This is the only mental health counseling program in Massachusetts where graduate students obtain practicum experience by providing weekly counseling to community residents under the direct supervision of licensed clinical faculty.



### **Lorita Williams**

*Panel Moderator  
Becker College, Vice President of Advancement*

Lorita Williams spent over 20 years in the corporate sector, transitioned to the nonprofit sector, and then moved into higher education at Simmons and Roxbury Community College before joining Becker College. She is the founder and CEO of Accelerated College Experiences (ACE), which teaches research-based skills and educational strategies that lead students to social and academic success.

**Sat., April 25, 2020  
2-3 pm**

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