

# COVID FATIGUE, PARENTAL BURNOUT, & MENTAL HEALTH

Takeaways from the Pandemic:  
How to Restore Balance and  
Foster Resilience in Your Family

**60-MINUTE WEBINAR**

**THURSDAY, MAY 27**

**6:00 - 7:00 PM**

## PROGRAM DESCRIPTION

Dr. Amy Vail has been a clinical psychologist for the past 22 years and is in private practice in Northern California.

This presentation will address how the pandemic has impacted mental health and how coping skills and stress management effect resilience. At the end of this presentation, participants will be able to identify how adverse childhood events (ACE) impact mental health and recognize how resilience and mental wellness are linked.



**MENTAL HEALTH**  
*in the* **MOUNTAINS**  
*Speaker Series 2021*

## FACILITATED BY

DR. AMY VAIL

Dr. Amy Vail is a licensed Clinical Psychologist and has been in private practice in the North Tahoe area since 2006. Learn more: [www.dramyvail.com](http://www.dramyvail.com)



Registration Required - Visit:  
[www.TahoeLifeline.org/Training](http://www.TahoeLifeline.org/Training)

