

CopeColumbia in Partnership with the Office of Work/Life Presents:
Are the Parents All Right? Navigating the Challenges of Parenting in the
Pandemic Era

Thursday, Sept 15, 12:00pm to 1:00pm



Anne Marie Albano, PhD

Erin Engle, PsyD

Betsy Fitelson, MD

Patrice Malone, MD

Steve Mazza, PhD

CopeColumbia welcomes you to attend an expert panel discussion highlighting different developmental challenges (i.e., pertinent to pregnancy/postpartum, toddlers/preschoolers, school-age children/tweens, adolescents, and young adults) faced by parents and caregivers working in healthcare, with emphasis on helpful tips to ease related stress.

Our expert panel will:

- * **Discuss the challenges our children face emerging from the pandemic.**
- * **Provide parents and caregivers with strategies to assist their child in adapting and thriving.**
- * **Support and encourage parents and caregivers to engage their inner and community-based resources so that they can thrive as well.**

Panelists:

Anne Marie Albano, PhD, ABPP Professor of Medical Psychology in Psychiatry, faculty of CopeColumbia, Founder of Columbia University Clinic for Anxiety and Related Disorders (CUCARD) in Manhattan, providing renowned care to children, adolescents, and their families using evidence-based therapies.

Betsy Fitelson, MD Professor of Psychiatry, faculty of CopeColumbia, Director of the Women's Program, with expertise in the evaluation and treatment of women's mental health across the female lifecycle.

Patrice Malone, MD Assistant Professor of Psychiatry, faculty of CopeColumbia, and Smithers Center faculty, specializing in the treatment of adolescent mental health and/or substance use disorders.

Steve Mazza, PhD Assistant Professor of Medical Psychology in Psychiatry, Clinical Director of the ABC Early Childhood Program, with expertise in evidence-based therapies including Parent-Child Interaction Therapy (PCIT) and Parent Management Training (PMT).

Moderator: Erin Engle, PsyD Assistant Professor of Medical Psychology in Psychiatry, faculty of CopeColumbia, co-Chair of the Wellbeing Committee in Psychiatry, Clinical Director of Columbia University Psychiatry Specialty Services, providing therapeutic support for our healthcare workforce.

Register in advance for this meeting:

https://columbiacuimc.zoom.us/webinar/register/WN_O31pcRyMQBaNEPcKR0i1HA