COVID-19 has impacted the way we learn, work, and interact with others. During these uncertain times, it is important to monitor our mental health and look out for one another. This workshop will feature some effective mental health strategies and tools that can be used to assist with virtual mentoring. Please join us for this discussion on how we can be proactive facing the challenges of COVID-19.

This free virtual workshop is also open to anyone outside of the Purdue Community.