

# Community Education Service



*Improving emotional health and well being*

## Return to Work and School: Optimizing your Mental Health

Dr. Keith S. Dobson, Professor of Clinical Psychology, University of Calgary

The COVID-19 pandemic has created stress and anxiety, loss and grief, and a host of other mental health concerns. This presentation will provide information about what has been learned about mental health challenges during the pandemic, but will focus on recommended strategies to optimize your mental health as we face the Fall return to school and work.

Some of the recommended strategies will be well-known and drawn from extensive past research and study, but some will be unique to the return to work and school as health restrictions are lifted and we begin to encounter the peculiarities of post-pandemic life. This session will include a presentation, but ample time will be left for questions and discussion.

**Tuesday Aug 31 2021**  
**6:30 pm**

**Click here to  
register**  
**FREE**  
**online event**

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This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and the **University of Calgary**