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**Speaker:**

**Dr. Tammy McCoy-Arballo**



## “Practicing PIO Mental Health and Self Care in Times of Uncertainty”

**Tuesday, April 14**

**From your Desktop**

Noon – 1:00 p.m.

As public-sector communicators, we are constantly living the stress of the global COVID-19 crisis both at work and at home. The rapidly changing information on the crisis and working day after day on communicating this to your communities can become stressful.

Communicators may also feel the ripple effects of fear and anxiety in their personal lives as they are required to work from home, homeschool children, take care of family or through experiencing financial setbacks.

During this long-term crisis, it’s essential to ensure that we are supporting ourselves and coping with stress and uncertainty in healthy ways.

This webinar will give CAPIO members practical tips and tools they can incorporate into their daily lives that will reduce stress and cope during these unprecedented times.

**Prices**

Free for CAPIO Members and  
Non- Members

Contact information:  
info@capio.org  
or call 1-844-CAPIO55

**Webinars can be watched live or after the webinar via recording.**  
**All registrants are provided with a link to the recording.**