This week’s recommended Health and Wellness Activity:

5-Minute Guided Morning Meditation

Suggested meditation read:

Aligning Actions and Words
by Madisyn Taylor

The following articles may be of interest to you:

What We Have to Keep In Mind When Talking About Screen Time and Parenting

Face Shields and Valved Masks Offer More Comfort but Less Protection
COVID-19 Racial/Ethnic Disparities:

Coronavirus Updates: Minority Parents In NYC Are Rejecting In-Person Learning At Higher Rates Than Whites

Mental Health Care Was Severely Inequitable, Then Came the Coronavirus Crisis

COVID-19 Pandemic Impacts American Indian Students Significantly, Survey Finds – NBC Los Angeles

The following event may be of interest to you:

RE-IMAGINE FNA
CREATING AN AMAZING FUTURE
2020 FNA Virtual Membership Assembly
September 22-24

The following challenge may be of interest to you:
CALL FOR APPLICATIONS
INTERDISCIPLINARY MINORITY FELLOWSHIP PROGRAM

The Interdisciplinary Minority Fellowship Program (IMFP) is funded by a new grant from the Federal Substance Abuse and Mental Health Services Administration (SAMHSA). This fellowship program is designed for masters and doctoral students in psychology, nursing, social work, marriage and family therapy, mental health counseling, and substance use and addiction counseling whose training prepares them for careers in behavioral health services for ethnic and racial minorities who have a mental or co-occurring mental and substance use disorder.

Deadline to apply is September 21, 2022.
Click here to learn more and to apply.

STOP COVID-19 XENOPHOBIA
CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.

SAMHSA.GOV

The Substance Abuse and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

Did you enjoy today's newsletter?

☐ Yes
☐ No

How likely are you to share one or more of the resources provided with a colleague?

☐ Likely
☐ Not Likely

Submit

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