

Upcoming Self-Care Webinar for Health Care Workers on April 7**When the Crisis Finally Ends: Preventing Post-Traumatic Stress in our Health Care Workforce**

Wednesday, April 7th 2021 1-1:45 p.m. ET [Register Here](#)

Many of our frontline workers have experienced intense trauma during the COVID-19 pandemic from repeated exposure to the loss of life, inability to support grieving family members, critical supply shortages for self-protection and patient care, pandemic denial even as health facilities are overwhelmed, and more. Repeated exposure to traumas can easily develop into post-traumatic stress.

Join our panelists, Rosemary Patterson, LCSW, and Marisa Iacobucci, MS, MSW, for a roundtable discussion on what we can do to prevent and manage post-traumatic stress. Our panelists, social workers with significant experience in trauma and stress, will share their expertise on addressing trauma, healing, and moving forward. They will discuss the spectrum of trauma, along with prevention and treatment strategies for post-traumatic stress. There will be several hands-on demonstrations of mindfulness activities to practice when stress threatens to overwhelm.

Webinar: Transfer Made Easy Webinar

April 7th at 3 PM (EST) [Register Here](#)

Learn about Excelsior College and the many ways that you can transfer in credits or earn credits as a student. In this webinar, staff will highlight the benefits we have to offer as well as the individual schools and degree programs we have available.

Virtual Open House

Tuesday, April 13th at 3:00 PM (EST) [Register Here](#)

Interested in learning how easy it can be to pursue your goals of higher education? Attend our virtual open house designed for students, employees, and members of Excelsior College's educational, corporation, veteran, and association partners.

**VIRTUAL OFFICE HOURS****Partnership Ambassador Elissa Schwarz**

Tuesdays, Wednesdays or Thursdays

11am – 1pm PST

to register, contact ESchwarz@Excelsior.edu

or by phone at: 619-241-1016

Schedule time with Elissa for an open discussion of your educational goals.

For more information about Excelsior College and the partnership program, please contact the Partnership Admissions team (844-843-9296).