



ACADEMIC RESILIENCE COLLABORATIVE VIRTUAL DISCUSSION

# Exploring Resilience among Community Mental Health & Wellness

Thursday, Nov. 12 2020, at 7 p.m.

Creative expression and performance can help to navigate challenges associated with mental health. Especially for vulnerable communities like veterans, or during moments of extreme and uncertainty and stress like COVID-19, the arts can be a resource to bolster individual and community resilience.

## PANELISTS

**DR. JEFF CASEY**, Assistant Professor of Theatre and Theatre Director, Norwich University

**DR. PATTI FERREIRA**, Professor of English, Norwich University

**STEPHAN WOLFERT**, MFA, US ARMY VETERAN, RYT-200.

**DAWN STERN**, COO of De-Cruit

## MODERATORS

**DR. KAITLIN THOMAS**, Assistant Professor Spanish, Norwich University

## REGISTRATION

<https://register.gotowebinar.com/register/8675646331745711883>

This session will include an optional video discussion held on FlipGrid to continue the conversation. Feel free to post anytime before or after the event!

Flipgrid: <https://flipgrid.com/rvt>  
FlipGrid guest password: **ResilientVermont**

For more event information, panelist bios, and to learn more about Resilient Vermont, We're looking forward to seeing you at this event!

<https://www.norwich.edu/cgrs/resilient-vermont>

## FUTURE ARC VIRTUAL DISCUSSIONS

Monday, Dec. 7: Tackling Health Resiliency in Vermont: Access, Policy, and Quality of Care



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