

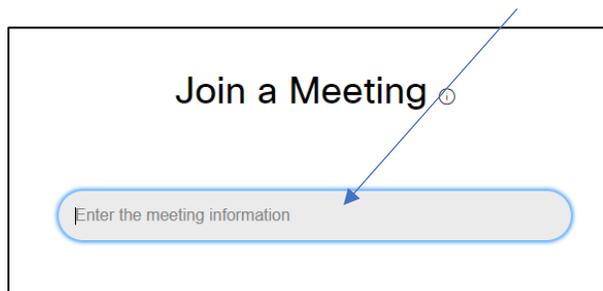
HSD Psychosocial Support Programs During COVID-19

Fall 2020

This document will be continuously updated

How to Join (Cisco Webex)

1. [Click this link](#) when you're ready to join the meeting.
2. Enter the Meeting number (access code) for the specific session (listed below for each session).



3. When prompted, enter the Meeting password for the specific session.

 <p>connect with your Health MENTAL HEALTH</p> <p>Aprendiendo a Estar Solos</p> <p>Workshop</p>	<p>Aprendiendo a Estar Solos</p> <p>La Pandemia de COVID-19 nos ha confrontado con experiencias muy difíciles, incluyendo la sensación de soledad. En este taller los participantes tendrán la oportunidad de identificar los patrones habituales de pensamiento y comportamiento que pueden contribuir a la sensación de soledad, y podrán practicar estrategias nuevas de relacionarse consigo mismos y los demás. (Workshop – 60 minutos)</p> <p>Hosted by: Claudia Salazar</p> <p>FRI: Oct 9, 2020: 1:00 pm Wash DC, 8:00 pm Nairobi, 10:30 pm Delhi</p>
 <p>connect with your Health MENTAL HEALTH</p> <p>Assertive Communication and Workplace Dynamics during COVID-19</p> <p>Webinar with Q&A</p>	<p>Assertive Communication and Workplace Dynamics during COVID-19</p> <p>Assertive communication and setting boundaries are becoming essential skills to manage workplace dynamics during these challenging times. Because we are headed towards uncharted territory, we will have to improve our communication skills. This 60-minute presentation will address common scenarios we're experiencing and how to navigate them. (Webinar with Q&A – 60 minutes)</p> <p>Hosted by: Diana Mayer</p> <p>TUE: Oct 6, 2020: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok</p>

 <p>connect with your Health MENTAL HEALTH</p> <p>Beginnings & Endings (Grieving the New Normal)</p> <p>Webinar with Q&A</p>	<p>Beginnings and Endings (Grieving in the new normal)</p> <p>In the past few months, the coronavirus pandemic has led to unprecedented changes in our lives and the world as we know it, generating fear, uncertainty, and anxiety. Coping with this disruption — adjusting to staying home, working remotely, and distancing ourselves from others, among other changes has been difficult for many. As we have built our resilience and faced each dynamic change, there have been losses along the way; loss of our normal, loss of events, milestones, celebrations and loss of loved ones. While never easy, grieving in the new normal has its own limitations. Bringing awareness to these limitations, naming our experiences and sharing to help cope with our collective and individual loss can anchor us and reinforce courage to be there for ourselves and loved ones. There are then the silver linings amongst the grey clouds also and gratitude and thankfulness ground us to our present and help us re-energize for the future. (Webinar with Q&A – 60 minutes)</p> <p>Hosted by: Megha Gore & Catherine Mwaniki</p> <p>THU: Sep 17, 2020: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney</p>
 <p>connect with your Health MENTAL HEALTH</p> <p>Boundaries: Work-Life Balance</p> <p>Support Group</p>	<p>Boundaries: Work-Life Balance</p> <p>Studies have shown that workers with greater boundary control over their work and personal lives were better at creating a stress buffer. The line between our personal life and professional life have always been blurry, but with everything happening underneath the same roof and accommodating different time zones for many staff, stepping away from computer is even harder. In this session we would like to provide a confidential space so that staff members can share on how they are managing boundaries and maintaining work life balance. The session will end with a brief presentation on strategies that can help. (Support Group – 60 minutes)</p> <p>Hosted by: Frozan Esmati & Megha Gore</p> <p>MON: Sep 21, 2020: 11:00 pm Wash DC TUE: Sep 22, 2020: 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney</p> <p>MON: Oct 5, 2020: 11:00 pm Wash DC TUE: Oct 6, 2020: 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 2:00 pm Sydney</p>

 <p>Enhance Your Self-care during the COVID-19 Pandemic Informational Support Group</p>	<p>Enhance Your Self-care during the COVID-19 Pandemic</p> <p>Living during these turbulent times with the advent of the COVID19 pandemic demands a different level of self-care and resourcing ourselves better if you are going to not only SURVIVE but THRIVE. Self-care is a preventive measure. It refers to the actions that you can take to develop, protect, maintain and improve their own health and well-being. This series consists of three sessions during which you will reflect and learn about your coping in three key areas: healthy living, emotions and coping with stress that will assist you in developing a personal self-care plan to enhance your health and well-being. (Informational Support Group – 60 minutes)</p> <p>Hosted by: Catherine Mwaniki & Megha Gore</p> <p>Part 1: TUE: Sep 15, 2020: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney</p> <p>Part 2: TUE: Sep 29, 2020: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney</p> <p>Part 3: TUE: Oct 13, 2020*: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok WED: Oct 14, 2020: 12:00 am (Midnight) Sydney</p>
 <p>The 5 Love Languages - Part 2 Webinar with Q&A</p>	<p>The 5 Love Languages - Part 2</p> <p>Different people have different methods for expressing and receiving affection and attention. This sounds like a simple statement, but the issue continues to be a source of conflict between people, in romantic relations, between parents and children, and at workplace. Gary Chapman's work offers an efficient method for understanding this concept and creating positive change. (Webinar with Q&A – 60 minutes)</p> <p>Hosted by: Makon Fardis</p> <p>WED: Sep 16, 2020: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok, 11:00 pm Sydney</p>



Habits: Friend or Foe? Part 2

Webinar with Q&A

Habits: Friend or Foe? Part 2

Habits can be our best friends because they automate many of our actions. As such, we don't have to dedicate conscious attention to everything we do throughout a day. On the other hand, some of human misery and suffering is really the outcome of habits. Many people do not define their problems in terms of "habits" and therefore, take no steps to change them. In reality, much of our discontent is due to habits, which are possible to change. (Webinar with Q&A – 60 minutes)

Hosted by: Makon Fardis

WED: Sep 16, 2020: 10:30 am Wash DC, 5:30 pm Nairobi, 8:00 pm Delhi, 9:30 pm Bangkok



DAPP Event: The Impact of Linguistic & Cultural Displacement on Bilingual Children

Parents want the best for their kids. The question is, what does ‘the best’ mean for children who grow up moving around, especially for those whose home or heritage language is different from the language used at school? Join us to talk about the linguistic and cultural displacement that can occur through global mobility and international schooling on children. Topics: What are the long-term impacts on a child’s sense of identity and self-worth? What sorts of conflict might arise in the parent-child relationship? How does the loss of home or heritage language(s) lead to disconnection in the family? How can parents best support their bilingual/bicultural child through this process? In this conversational webinar, the guests will share insights based on their research on ‘Third Culture Kids’ and personal experiences of growing up with international mobility and in multilingual families. (Webinar with Q&A – 60 minutes)

Hosted by: Malahat Baig-Amin & Elizabeth Legrain

Guest Speakers: Isabelle Min, Ruth Van Reken, and Danau Tanu

WED: Oct 7, 2020: 8:30 am Wash DC, 3:30 pm Nairobi, 6:00 pm Delhi, 7:30 pm Bangkok, 11:30 pm Sydney

Ruth Van Reken, Litt. D (hon), is co-author of [Third Culture Kids: Growing Up Among Worlds, 3rd ed.](#) and co-founder of *Families in Global Transition (FIGT)*. She is a second-generation adult Third Culture Kid (TCK) and raised her three now adult TCKs in Liberia. For over 35 years, Ruth has traveled nationally and internationally to help TCKs and their parents, educators, counselors, HR professionals, and others who work with them, understand the benefits and challenges of growing up while interacting with many often distinctively different cultural worlds.

Isabelle Min is the Founder & CEO of [Transition Catalyst Korea \(TCK\) Institute](#). She combines her international upbringing with three decades of career as a national broadcaster (KBS), adjunct professor, intercultural trainer and certified coach to facilitate individual and organizational transformations. Isabelle speaks five languages and practices Nonviolent Communication (NVC) to support her work as a professional facilitator, conflict mediator and certified coach (ICF PCC). In 2010, she launched [FIGT Korea Affiliate](#) and TCK Network to connect and network with global nomads. In 2019 Isabelle co-founded [TCKs of Asia](#) as a forum where specific topics some TCKs face, such as the impact of language, can be more fully explored.

Danau Tanu, PhD, is the author of [Growing Up in Transit: The Politics of Belonging at an International School](#). She is currently an Honorary Research Fellow at the University of Western Australia and was recently awarded a Japan Foundation Fellowship to conduct postdoctoral research at Waseda University in 2021. Danau grew up internationally, speaking four languages at home. She is also the Co-Chair of the [FIGT Research Network](#) as well as the founder of the Indonesia Research Network and an editor of [Inside Indonesia](#). She once worked for the World Bank as a consultant and is co-founder of [TCKs of Asia](#) with Isabelle.

 <p>Decision Fatigue</p> <p>Kids, Decision Fatigue & Anxiety during Reopening</p> <p>Webinar with Q&A</p> 	<p>Kids, Decision Fatigue and Anxiety during Reopening</p> <p>After many months of quarantine, homeschooling, working from home and the implementation of new structures, many countries are beginning to reopen. How do we decide what is safe for our family? How do we negotiate between medical safety and emotional well-being? How do we help our kids branch out again into the world after being with us 24/7? This 60-minute session will address the challenges that come ahead and how to prepare for them while taking care of ourselves in order to care for our children. (Webinar with Q&A – 60 minutes)</p> <p>Hosted by: Diana Mayer</p> <p>FRI: Sep 25, 2020: 12:00 pm (Noon) Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok</p>
 <p>Managing Relationships</p> <p>Webinar with Q&A</p> 	<p>اداره کردن روابط عاطفی: وبینار - دری/فارسی این وبینار جنبه های زیر را در روابط عاطفی بررسی می کند : مفاهمه و روابط عاطفی اداره کردن عواطف سخت در حین رابطه راهکار های مؤثر برای اداره تضاد راهکار های که در روابط مجازی کمک می کنند</p> <p>Hosted by: Frozan Esmati & Megha Gore</p> <p>MON: Oct 19, 2020: 4:00 am Wash DC, 11:00 am Nairobi, 1:30 pm Delhi, 3:00 pm Bangkok, 7:00 pm Sydney Meeting number (access code): 172 594 2701 Meeting password: jiNqTxB49J2 1-650-479-3207 Call-in toll number (US/Canada) Global call-in numbers</p> <p><i>(This session will be presented in Dari).</i></p>

 <p>connect with your Health MENTAL HEALTH</p> <p>Managing Reactions</p> <p>Webinar with Q&A</p>	<p>Managing Reactions</p> <p>It is healthy to express feelings and emotions, but it matters how and when to express them. In this session we would like to provide a confidential space so that staff members can share on how they are managing reactions at work and at home. The session will end with a brief presentation on strategies that can help. (Support Group – 60 minutes)</p> <p>Hosted by: Frozan Esmati & Megha Gore</p> <p>MON: Sep 28, 2020: 11:00 pm Wash DC TUE: Sep 29, 2020: 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 1:00 pm Sydney</p> <p>MON: Oct 12, 2020*: 11:00 pm Wash DC TUE: Oct 13, 2020*: 6:00 am Nairobi, 8:30 am Delhi, 10:00 am Bangkok, 2:00 pm Sydney</p>
 <p>connect with your Health MENTAL HEALTH</p> <p>Mindful Moment: Coming to Your Senses</p> <p>Workshop</p>	<p>Mindful Moment: Coming to Your Senses</p> <p>One of the most direct and effective ways that we can feel more connected is by tuning into our senses – sight, hearing, smell, taste and touch. Have you noticed the hues around you? Can wind have rhythm? Can washing the dishes feel more like an experience and less routine? Engaging our senses provides all the benefits that mindfulness has to offer (such as stress reduction and relaxation) with the added layer of pure joy. When we activate our senses, we discover a whole world of sensory richness which we previously hadn't realized we were missing. Join us for this brief 30-minute workshop that combines both knowledge and practice. (Workshop – 30 minutes). Note: For the mindfulness exercise, participants will need two raisins (or a two small pieces of food like chocolate or fruit) and a glass of water.</p> <p>Hosted by: Melanie Cashdan</p> <p>MON: Oct 26, 2020: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok Meeting number (access code): 172 894 1272 Meeting password: vTDGakfk285</p>

 <p>Mindful Moment: The Power of Compassion</p> <p>Workshop</p>	<p>Mindful Moment: The Power of Compassion</p> <p>Often during times of stress, we become unable to access self-compassion and compassion, and this is when we need it most! What do these terms actually mean? How do they help us cope? Beyond coping, self-compassion is an integral skill for promoting change in behaviors and living a healthier existence. Give yourself the gift of compassion by joining this 30-minute workshop focused on knowledge and practice. (Workshop – 30 minutes)</p> <p>Hosted by: Melanie Cashdan</p> <p>MON: Oct 19, 2020: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok Meeting number (access code): 172 319 3375 Meeting password: HXiAyhc29d6 1-650-479-3207 Call-in toll number (US/Canada) Global call-in numbers</p>
 <p>Nurturing our Capacity to Be Alone</p> <p>Workshop</p>	<p>Nurturing our Capacity to Be Alone</p> <p>The COVID-19 pandemic has challenged us to confront ourselves with very difficult human experiences, such as feeling lonely. Join us in this experiential workshop to help you identify habitual patterns of thought and behavior that may contribute to the experience of loneliness, and an opportunity to practice "non-habitual" ways of being with yourself and others. (Workshop – 60 minutes)</p> <p>Hosted by: Claudia Salazar</p> <p>MON: Oct 12, 2020*: 9:00 pm Wash DC TUE: Oct 13, 2020*: 4:00 am Nairobi, 6:30 am Delhi, 8:00 am Bangkok, 12:00 pm (Noon) Sydney</p>



The Law of Awareness
 "You Must Grow Yourself to Know Yourself"
Lunch & Learn

DAPP Event: A Personal and Professional Growth Journey

Session 2: The Law of Awareness "You Must Grow Yourself to Know Yourself"

Find direction and discover what steps you need to take. Mindfulness techniques included. (Webinar with Q&A – 60 minutes)

Hosted by: Malahat Baig-Amin & Elizabeth Legrain

Guest Speaker: Caroline Johnson, John Maxwell Leadership Coach, Trainer, Mentor and Speaker on self-motivation. Founder of Caroline Sarah Ventures

WED: Sep 16, 2020: 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

Caroline is founder of Caroline Sarah Ventures LLC (CSV), a Washington D.C.-based, woman-owned company which provides individual and small group coaching services, in-person and on-line, that focus on educating, motivating and developing customized pathways to success. Caroline's international acumen is critical to her success in global education, international business and strategic communications/digital platforms. She understands the dynamics of contemporary life and work in a diverse, multicultural, inter-connected world. She is multilingual (fluent in English, French and Spanish; and conversational in Portuguese and Italian). Caroline completed her MBA in Spanish at EUDE in Spain. She also obtained a BA in Management from ESC Business School in France and an MA in International Business & Languages from Heriot Watt University, Scotland. Caroline has completed a series of continuing education programs in the United States, receiving professional certification to qualify as an Executive and Personal Coach with a specialist focus on leadership development, the empowerment of women and positive psychology.



The Power of Mindfulness Meditation

8-Week Course

The Power of Mindfulness Meditation (8-Week Course)

Whether it be the buzz of traffic or the chaos in our minds, there are infinite stresses, distractions that constantly occupy us every moment. To slow down, pay attention to ourselves and our world we need to be intentional ... and it can be learned! This program aims to provide an overview of what mindfulness is, takes participants through step-wise and guided practices, mainly for beginners, on different mindfulness practices – such as, mindful breathing, managing difficult thoughts and emotions and living in the present to achieve mindfulness and intentionally shift attention to the here and now. It will include theoretical understanding as well as practical exercises that can support you to create a state of calmness, steadiness of mind and the ability to adapt to the stressors of daily life.

Each session will include a brief presentation on the target topic, a guided mindfulness practice and take away materials to support follow up self-practice for participants through the week. Tuesdays, 12:00pm (Noon) – 1:00pm (India time). **Note: This is a closed group, with commitment for 8-week learning and participation (beginning September 22, 2020), hence we request you to register at the earliest. Registrations will close at 25 participants.** (Registration Closed)

Hosted by: Catherine Mwaniki, Frozan Esmati, and Megha Gore

Tuesdays: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 4:30 pm Sydney

Week: 01: Sep 22, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 4:30 pm Sydney

Week: 02: Sep 29, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 4:30 pm Sydney

Week: 03: Oct 6, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Week: 04*: Oct 13, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Week: 05**: Oct 20, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Week: 06: Oct 27, 2020: 2:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Week: 07: Nov 3, 2020: 1:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

Week: 08: Nov 10, 2020: 1:30 am Wash DC, 9:30 am Nairobi, 12:00 pm Delhi, 1:30 pm Bangkok, 5:30 pm Sydney

**Holiday: Thailand – Anniversary of the Death of King Bhumibol | Kenya – Mashujaa Day*



The Power of Relationships

Relationships are essential to our lives and the quality of our relationships matter. Research from the fields of neuroscience and interpersonal neurobiology suggest there's a powerful influence that relationships have on our emotional and physiological health. In what ways can we increase the positive effects and minimize the negative consequences our relationships can have on our health and well-being? In this session, we will explore the impact that couples have on one another within the context of their relationship and how to strengthen and grow in the time spent together and apart. (Webinar with Q&A – 60 minutes)

Hosted by: Malahat Baig-Amin

WED: Sep 30, 2020: 10:00 am Wash DC, 5:00 pm Nairobi, 7:30 pm Delhi, 9:00 pm Bangkok



Information Support Session

Setting Boundaries for Self-Care

Be it the unprecedented stresses of this pandemic, the daily toil of life's chores or the roller coaster of relationships, we may be ignoring our boundaries or experience difficulty in managing expectations - *saying 'yes' when you really want to say 'no' or reaching a state of exhaustion and crash because you couldn't stop.* In this session we will address why setting boundaries is the key to self-care by exploring what makes setting boundaries challenging and rewarding, sharing strategies to help focus on what's important to you, and learning how healthy boundaries can make the difference between personal, professional fulfillment or resentment and burn out. (Informational Support Group – 60 minutes). Target Audience: SAR, ECA, AFR, MENA

Hosted by: Megha Gore & Catherine Mwaniki

THU: Nov 5, 2020: 6:00 am Wash DC, 2:00 pm Nairobi, 4:30 pm Delhi, 6:00 pm Bangkok, 10:00 pm Sydney
Meeting number (access code): 172 635 6765
Meeting password: iuRD7HJDw46
1-650-479-3207 Call-in toll number (US/Canada) | [Global call-in numbers](#)



This is Trauma



DAPP Event

DAPP Event: This is Trauma

“Trauma is like a wound, left untreated, it may fester and eventually it impedes our ability to achieve our goals and enjoy life.”

Goals: Review and expand the definition of trauma from a Somatic Experiencing perspective; and, Assist client to determine when to seek professional support.

Objectives: Establish a working definition of trauma; Present examples of small, simple, complex, chronic, & developmental, cultural traumas; Outline the impact of trauma on the body and on one’s functioning; Provide simple body-centered exercises to address trauma; Review typical resources used in some cultures to address trauma; and. Evaluate when to consider professional support. (Webinar with Q&A – 45 minutes)

Hosted by: Malahat Baig-Amin & Elizabeth Legrain

Guest Speaker: Jacqueline Samuda, M.A, LCSW-C

WED: Oct 28, 2020: 12:00 pm Wash DC, 7:00 pm Nairobi, 9:30 pm Delhi, 11:00 pm Bangkok

Meeting number (access code): 172 676 2755

Meeting password: 2Upzc72jYNU

1-650-479-3207 Call-in toll number (US/Canada) | [Global call-in numbers](#)

Jacqueline Samuda is a Jamaican-born, multi-lingual, African American psychotherapist. She is the director of Transcultural Clinical Services Corp. (www.samudatherapy.com). Ms. Samuda has more than 20 years of experience working at agencies such as the Montgomery County Department of Health and Human Services Victim Assistance and Sexual Assault Program, the DC Commission on Mental Health, and the National Center for Children and Families. Ms. Samuda has a keen interest in working with clients to address trauma and issues of disempowerment, race, culture, and life transitions.

 <p data-bbox="415 142 642 293">  The Kingsbury Wellness & Learning Group </p> <p data-bbox="115 321 651 412"> Under Construction: Fostering Executive Functioning in Children and Teens (External Event) Webinar with Q&A </p>	<p data-bbox="695 134 1801 164">Under Construction: Fostering Executive Functioning in Children and Teens (External Event)</p> <p data-bbox="695 207 2003 380">With the demands of distance learning, parents are gaining a new perspective on the workings of their children’s brains in dealing with complex learning and social demands. Join Dr. Ann Rowe to learn more about the development of important executive function skills, gain perspective on realistic expectations for children of different ages, and receive help in prioritizing parenting goals to foster greater resilience and independence in your child. (Webinar – 90 minutes)</p> <p data-bbox="695 418 1331 448">Hosted by: The Kingsbury Wellness & Learning Group</p> <p data-bbox="695 492 1749 557">WED: Oct 21, 2020: 9:00 am Wash DC, 4:00 pm Nairobi, 6:30 pm Delhi, 8:00 pm Bangkok (Click here to Register)</p>
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Mindfulness Relaxation Sessions

HSD offers a variety of resources for staff members who would like help developing a better life-balance strategy, including:

Weekly Mindfulness Relaxation Sessions: Did you know that the Relaxation Response is recognized as being the opposite of the physiological stress response? Relaxation is an easy tool, doesn’t cost anything and it works!

Guyline Dion, Megha Gore and Melanie Cashdan of the Counseling Unit, facilitate a free ongoing weekly class (available online) called "The Power of Relaxation" - ([Click here for a direct link](#)):

- **Tuesdays - English:** 12:00pm Washington, DC
- **Wednesdays - English:** 9:30am Nairobi / 12:00pm Delhi
- **Thursdays - Spanish:** 12:00pm Washington, DC / 6:00pm Madrid