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**FOR IMMEDIATE RELEASE**

**Self-Care for You while Self-Isolating with the  
“Webinar Series” from the University Student Union**

Northridge— The University Student Union (USU) invites all students to tune into two very special virtual installments of the “Webinar Series”. On Tuesday, May 5, Thursday, May 7, and Friday, May 8, the USU is offering three compelling webinars with a professional therapist focused on timely topics. You’ll hear how to cope with stress of finals during quarantine and the best ways to positive and productive in social distancing. Come experience these hour-long and highly relevant webinars that provide you certified advice and answers to your questions during these unprecedented times. All installments will be presented through Zoom.

“This is a whole new experience for everyone going through social distancing,” says Anthony Cunningham, Student Lead at USU Events. “The USU wants to provide our Mators resources to help make this transition of self-isolation go smoothly as our everyday lives change.”

The “Webinar Series” is an opportunity for students who want to stay informed on how to practice efficient quarantine methods and handle the uneasiness of always being inside. With the guidance of a professional therapist, participants can gain the best advice on how to manage being a college student during these challenging times. The May 5 installment will begin from 4 to 5 p.m. with host Dr. Abram Milton, certified therapist at CSUN’s



University Counseling Services. That same week, participants can continue to educate themselves on mental health within this quarantine on May 7 from 11 a.m. to 12 p.m. and May 8 from 2:30 to 3:30 p.m.

Join the USU online in a safe and welcoming space where you'll get the best possible advice at the "Webinar Series." Those who wish to participate can join the Zoom meeting with the following ID number: 987-6221-6795. For further information on participating in the event, please visit [csun.edu/usu](http://csun.edu/usu).

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, prayer room, lactation room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center, Veterans Resource Center, USU Board of Directors, Computer Lab, Games Room, USU Events and more. For additional information, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*