



# When Anxiety is the New Normal: How to cope during COVID



Join psychiatrist Dr. Jeffrey London, as he provides an introduction to anxiety disorders and how to cope during this difficult time.

## You'll learn:

- How to prepare emotionally for the winter months
- What anxiety looks like in children and adults
- Different types of anxiety disorders
- Tips for getting through a crisis

---

**Wednesday, January 6, 2021**

**3:30-4:30pm**

**Via Zoom**

**Please register for this event by visiting [jfsdetroit.org/drlondon](https://jfsdetroit.org/drlondon)**

---



Board certified in the areas of child/adolescent and general psychiatry, Dr. Jeffrey London, MD, has over 40 years of experience working with children, adolescents and adults. A graduate of the University of Michigan Medical School, he has been on staff at the Birmingham Maple Clinic and Havenwyck Hospital. His areas of specialization include psychiatric evaluation and medication management for children and adolescents, as well as ADD/ADHD issues.

[jfsdetroit.org](https://jfsdetroit.org)

**Jewish  
Family  
Service**  
OF METRO DETROIT