



## YORK UNIVERSITY KNOWLEDGE WEBINAR: MOTHERING IN THE ACADEMIA DURING A PANDEMIC

Thursday 29 April 2021, 12noon-1:00pm

\*An event funded by the Lillian Meighen and Don Wright Foundation

The pandemic has created specific challenges for parents. Mothers who navigate between their roles in academia and home experience multiple work and home-related demands every day. In this webinar we hear about strategies for mothering in the academia during a pandemic from three mothers.

### Speakers



**Dr. Rebecca Pillai Riddell** is the Associate Vice-President Research and Professor in the Department of Psychology, Faculty of Health, York University. Professor Pillai Riddell is Director of The OUCH Lab and Member, College of the Royal Society of Canada. Dr. Pillai Riddell is the inaugural York Research Chair in Pain and Mental Health, York University. She is currently studying the relationship between early childhood pain responses and mother-child mental health with her team at the OUCH (Opportunities to Understand Childhood Hurt) Lab.



**Andrea Maughan** is currently completing her PhD in Clinical-Developmental Psychology at York University. She is a Student Co-Chair of the Lillian Meighen Wright Maternal-Child Health Scholars Program. Andrea's research is focused on understanding and supporting the wellbeing of parents of children with autism. Her dissertation is an evaluation of Acceptance and Commitment Therapy for improving mental health and positive functioning in parents of individuals with autism.



**Dr. Marina Heifetz** is currently the Child and Adolescent Psychologist and Director of Child and Family Services at York Region CBT, as well as a Lecturer at the University of Toronto. She received her PhD in Clinical-Developmental Psychology from York University. Her postdoctoral work was with the Neurodevelopment department at the Centre for Addiction and Mental Health. She has published and presented on various topics, including healthy relationships, mindfulness, developmental disabilities, parenting, and mental health.

**Moderator:** **Dr. Nazilla Khanlou**, Academic Lead of the Lillian Meighen Wright Foundation Maternal Child Health Scholars Program, and Women's Health Research Chair in Mental Health, Faculty of Health, York University

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