



mayday-sa
Caring during COVID

*Free Webinar: Stress,
Anxiety and Depression*

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Monday, 29 June at 12:00 – 13:00

Mayday-SA has the pleasure of hosting this Webinar with **Anjenita Hugo**. Anjenita is a Counselling Psychologist in a private practice for the past 20 years. She has a specialized interest in trauma, ADHD, anxiety and depression disorders. Relationship therapy between partners as well as parents and their children are an important part of her work. Her first contact with aviation was as a competitive paraglider and thereafter she volunteered as a Mental Health Professional within Mayday-SA. Since 2013 she has been training aviation peer debriefers in Critical Incident Response programs, but also in developing, in conjunction with Gerhard Fahrenbruck from Stiftung Mayday in Germany, a Peer support program for general wellbeing within the aviation industry.



Sign up for the webinar [HERE](#) and we'll send you an email with the joining instructions.