

Virtual MENTAL HEALTH EVENT

Reconnect with Your "Why" and Trust Your Intuition –
Empowering Nursing Students to Rediscover Their Purpose

DATE: NOVEMBER 2, 2024
TIME: 10:00 AM

Scan the QR Code to Register!



Helene Morel, MSN, PMHNP-BC

Step into the world of compassionate mental healthcare with Helene Morel, PMHNP-BC, an intuitive Board Certified Psychiatric-Mental Health Nurse Practitioner based in Newport Beach, California, currently practicing at Grow Therapy, an online mental health platform. Her heartfelt purpose and passion for nursing students' mental health led to the creation of 'Nurses Love Their Young,' a 501(c)(3) nonprofit dedicated to providing mental health support to nursing students and newly graduated nurses, established in January 2024. As a devoted Mental Health Theory Professor and Clinical Instructor at CNI College, Helene guides and nurtures the next generation of nurses with wisdom and mastery in mental health care. Her distinctive blend of expertise and hands-on experience ensures that students receive comprehensive mental health support, encouraging them to prioritize self-care and self-love. This guidance aims to foster inner peace and resilience, empowering them on their nursing journey amidst life's challenges.



Sanaz (Sunny) Underwood, PhD, FNP, MSN, APRN

Sanaz (Sunny) Underwood is a Family Nurse Practitioner with almost two decades of experience in end-of-life Care and bereavement support. She has a PhD in Health Psychology and is a Certified Holistic Life Coach. Her holistic approach for self-care and bereavement support addresses the body, mind, spirit model through mindfulness. Sunny is Certified Grief Recovery Specialist, Certified Yoga Instructor, and Certified Meditation Instructor. She used to be an RN in the Emergency Room and hence, is very familiar with negative consequences of job-related stress firsthand. Sunny Currently is a Nursing Faculty at Maurine Church Coburn School of Nursing in Monterey, CA. She primarily teaches second year nursing students. Geriatric and Psychology lectures for Seniors and a couple of lectures on Stress and Spirituality for Juniors.