

# **Gaming for Mental Health: Using Video and Board Games to Support Wellbeing**

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**Friday, April 17, 2020**

**2:15 pm ET / 11:15 am PT**

Are you struggling to maintain motivation and social connection during these times of crisis, panic, and social isolation? You are not alone. With the pressure of all that is happening, one way many people are coping is through games. Kat Mahoney, Owner and Visionary Director of WeDiscoverGeeks, an organization dedicated to educating parents, educators, and the community on the positive effects of today's video games, social media, and STEM Education, is a speaker on emotional recovery through geek entertainment. Join her for a 60-minute discussion on video and board games that can help us through our emotional setbacks and challenges.

### **Presenter:**

**Kat Mahoney** is the Owner and Creative Visionary Director of WeDiscoverGeeks, founder of the PA STEAM Fest, and author and speaker on mental health recovery through geek entertainment. She attended Hawaii Pacific University for Computer Science and has over 25+ years as a STEAM & Gamification Life Skills "Edutainer," utilizing today's entertainment and technology such as cosplay, video games, apps, and social media to help educators, parents, and students enhance life skills, mental health, and career choices.

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