

The Georgia Center for Resources and Support
presents

“Self-Care during COVID”



Dr. Laklieshia Izzard, Ed.E, LPC,
NCC, ACS

***Please make sure to register all
participants separately*

[Click Here to Register](#)

Region 3 Virtual Training

Date: Thursday, March 25, 2021

Time: 6:45 PM - 8:15 PM

Description:

Being exposed to traumatic stories from foster youth, media, viewing traumatic videos, witnessing those with COVID-19, being a part of a minority culture that is targeted for racial injustice, and feeling the stress of a hurting society can take a serious emotional toll. Participants will understand secondary traumatic stress. Participants will understand Self-Care. Participants will identify Self-Care strategies. Participants will learn signs and symptoms of STS. Participants will gain awareness into other Mental Health disorders that can result from STS. Participants will discover Interventions to release and manage STS.



For further information contact: Amy Parmer,
Resource Advisor: amy.parmar@gacrs.org or 404-550-2558 □ Visit our website: www.gacrs.org