

# The Georgia Center for Resources and Support *presents*

## “Reflections on the **IMPACT** of COVID”



featuring

**Lyresa McGriff, LPC,  
CAMSII**

### Region 5 Virtual Training

**Date:** Tuesday, March 9, 2021

**Time:** 5:30 PM - 7:00PM

**\*\*Please make sure to register  
all participants separately using  
different email addresses.  
[Click Here to Register](#)**

#### **Description:**

Much like your body requires a balanced diet and exercise to maintain its health, your mental health also needs attention. Many mental illnesses have a high chance of recurring, but proper maintenance can reduce these risks. Using the Mental Health Maintenance Plan, you will identify areas that pose a risk of relapse, and then describe the strategies they can use to handle problems.



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