

# The Georgia Center for Resources and Support

*presents*

## Mental Health Effects of Social Distancing



featuring

**Date: March 26, 2021**  
**Time: 12:00 PM– 1:00 PM**  
**LUNCH AND LEARN**

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Description: It is undeniable that COVID-19 has taken the world by surprise with some negative effects from restrictions like Social Distancing. Social Interaction is a basic human need and is particularly important for the social development of young people. Participants will learn the values of social interaction, different virtual social interactions, mental health effects of social distancing, and best therapy approaches.

[Click here to register](#)

*For further information contact:*  
*info@gacs.org or 404-929-0401*

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