

The Georgia Center for Resources and Support *presents*

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



**Lyresa McGriff, LPC,
CAMSII**

Region 1 Virtual Training

Date: Tuesday, April 27, 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.



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