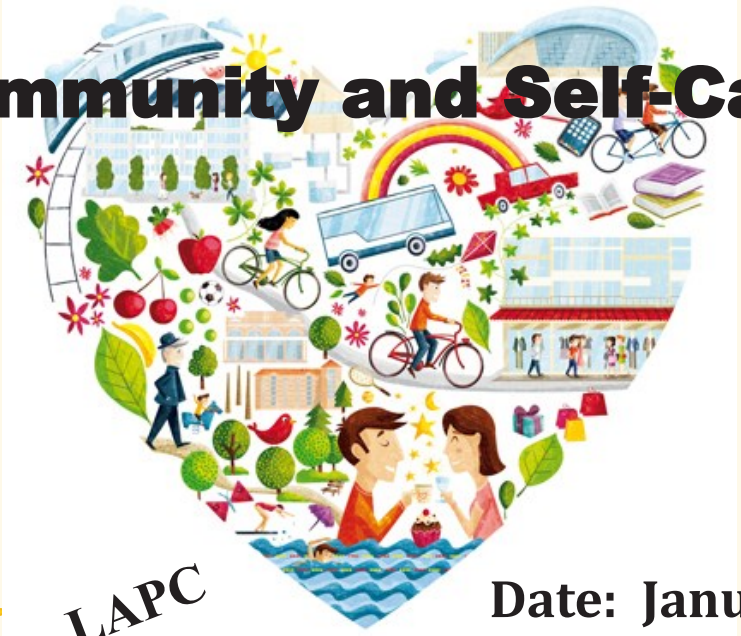
# The Georgia Center for Resources and Support

*presents*

# Importance of Connecting to Community and Self-Care



featuring

**Nicolette Gordon, LAPC**

**Date: January 29, 2020**

**Time: 7:00—8:00 PM**

. Webinar

In this webinar we will dialog on the importance of connecting with community as a resource and vehicle supporting change. We have heard the saying, 'it takes a village' related to raring children into productive citizens. In this webinar we will discuss the need to first identify relevant resources for family and household, making connections, communicating specific supports needed, and then connecting on a planned schedule. Included is a discussion on the necessity of self-love/self-care by looking at ways to classify personal definition of self-love related to personal values system.

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