

# The Georgia Center for Resources and Support

*presents*

## Self-Care During Covid-19



featuring

**Date: October 16, 2020**

**Time: 12:00 PM– 1:00 PM  
LUNCH AND LEARN**

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During a Pandemic and overwhelming racial injustice, caregivers, foster parents, counselors, healthcare workers, and other helping individuals may find themselves experiencing self-deprivation and secondary traumatic stress. 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 related to COVID-19. Participants will understand Self-Care. Participants will identify Self-Care strategies. Participants will understand the value of a Self-Care plan.

[Click here to register](#)

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

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