



It Takes A Village Virtual Support Group Topics
Let's Cope with COVID-19

Date	Time	Topic
June 25, 2020	11am-12pm	Childhood Trauma and Its Impact on Learning
June, 25, 2020	6:30pm-7:30pm	Helping Young Children Cope With COVID-19
July 2, 2020	11am-12pm	The Importance of Maintaining a Routine and Setting Goals During COVID-19
July 2, 2020	6:30pm-7:30pm	COVID-19 grief: I Lost Someone to COVID-19
July 9, 2020	11am-12pm	Coping With Navigating Virtual Platforms (online learning activities/working from home/telehealth)
July 9, 2020	6:30pm-7:30pm	Coping With a Positive COVID-19 Result and Recovery Thereafter
July 16, 2020	11am-12pm	Dealing With Racial Disparities in COVID-19
July 16, 2020	6:30pm-7:30pm	Hypervigilance vs Safe Precautions
July 23, 2020	6:30pm-7:30pm	Navigating Everyday Life During COVID-19
July 30, 2020	6:30pm-7:30pm	Maintaining Self Care during COVID-19
August 6, 2020	6:30pm-7:30pm	Keeping Children Safe During COVID-19
August 13, 2020	6:30pm-7:30pm	Keeping Children Busy During COVID-19

August 20, 2020	6:30pm- 7:30pm	How To Not Be Distant In Social Distance
August 27, 2020	6:30pm- 7:30pm	How To Cope With COVID-19 Related Anxiety

Morning Zoom Link 11am-12pm

<https://bit.ly/2zEjHcE>

Call in details:

312-626-6799

Meeting ID: 946 3348 0593

Password: 599472

Evening Zoom link 6:30pm-7:30pm

<https://bit.ly/37vdPig>

Call in details:

312- 626- 6799

Meeting ID: 953 4730 5562

Password: 255336