



NAMI Tri-Valley

General Meeting

Presents

Importance of Self Care in Times of COVID

Lynn Gardner-Lockett, MBA, MS Counseling
Executive Director of Genesis Community Development Corporation

Tuesday, May 3, 2022

7:00 p.m. to 8:30 p.m.

**This presentation will be given on Zoom,
to participate, please access the following link:**

Join Zoom Meeting:

<https://us02web.zoom.us/j/89649596577?pwd=a0FhdnBnSW90QVJIT2xZcUg4dDJEQT09>

Meeting ID: 896 4959 6577 / Passcode: 637136

Dial by your location
+1 669 900 9128 US (San Jose)

For further information contact Armine Matentsian at 408-836-0851

Participants will learn about the common impacts of trauma and stress on adults and explore and share strategies for self-care. Individuals will learn self-grounding techniques and how to take time out to care for yourself. We will explore resilience and self-care, validate our responses, discuss collective grief which we are all experiencing due to COVID-19, natural disasters, and social injustice. Participants will leave with a list of identified "Span of Control Activities/Strategies", a "Mini Self Care Plan" and a list of resources for further exploration.

Lynn Gardner-Lockett is the Executive Director of Genesis Community Development Corporation, and the Retired Programs Manager of Horizons Family Counseling. She earned an MBA from the University of Washington, and a MS in Counseling from California State University, Hayward, with an emphasis in Marriage and Family Therapy.