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## Will It Ever End: Exploring & Mitigating COVID's Impact on Mental Health

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### WHAT WE'LL COVER

COVID and its impact on our physical and mental health continue. As staff and participants alike face ongoing uncertainty, supporting mental well-being becomes more essential. Learn how we can nurture healing in ourselves, our participants, and our communities by understanding how COVID directly impacts mental health. Together we will explore how trauma amplifies this impact, especially for older adults and people with disabilities.

Learning Objectives: After this webinar, attendees will be able to:

- Describe the direct impact of COVID on mental health
- List 3 ways that previous trauma enhances the pandemic's impact
- Use this understanding of trauma and COVID to promote resilience and well-being in yourself, your teams and your participants

### PRESENTER

**Suzie Gruber, MA, SEP, Somatic Experiencing/NARM Practitioner**



Suzie Gruber, MA, SEP, holds advanced degrees in Chemistry & Psychology. She spent 15 years in biotechnology before returning to her first love - inspiring people to transform their lives. Now, as a personal development coach and training assistant for the NARM Training Institute (Neuroaffective Relational Model), Suzie offers workshops and webinars designed to provide a trauma-informed lens through which service providers and leaders can better serve their clients and staff.

### WHEN

**Monday, January 12, 2022 from 10:30 AM to 12:00 PM**

### REGISTRATION

NON MEMBERS: **\$69 Per Registrant**

CAADS MEMBERS: **\$39 Per Registrant**

This was a session originally meant to be presented at the Fall Conference, but our presenter got sick and had to postpone. If you were registered to attend the conference that Wednesday, you will automatically be registered for this webinar and will receive your confirmation email directly.

Registration includes access to the webinar for each attendee/email address registered. **Advance registration is required.** Please complete the registration form and return it with payment to CAADS by 4:00 PM on Tuesday, January 11, 2022. We CANNOT process registrations received after this deadline. You will receive a confirmation email with log-on information after CAADS receives and approves your registration and payment.

Internet connection and speakers / microphone OR access to a telephone for the audio presentation is required.

**NO REFUNDS;** however, substitutions will be accepted if made by 8:00 AM Wednesday, January 12, 2022 by email to [pam@caads.org](mailto:pam@caads.org).

**REMINDER:** CAADS staff are working remotely, so email is the best way to communicate.

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