

Free Webinar: Covid Conversations with Dr Karyn Harvey

Attention: Direct Support Workers and Individuals who receive supported services in the community.



Dr Harvey will lead a conversation that will explore the impact of Covid 19 and associated trauma.

Dr. Karyn Harvey has worked with individuals and community support agencies for over 25 years. In that time she's published two books (and another on the way), as well as numerous articles on approaches and strategies to support people with diverse abilities and needs. She consults with various state and individual agencies throughout the United States and Canada and trains staff, administrators and clinicians on trauma-informed care. Dr. Harvey currently serves as The Park Avenue Group's Director of Training and Program Development.

This series will include 2 Webinars (1 hour each).

The first **webinar** (Tuesday, June 16@2pm) will be **for direct support staff**.

- a. Staff will be able to identify the 4 symptoms of post-traumatic stress disorder.
- b. Staff will be able to identify at least 3 pre-trauma conditions of Covid 19.
- c. Staff will be able to identify at least 3 activities that can serve as antidotes for pre-trauma conditions.

The second **webinar** (Thursday, June 18@2pm) is **for individuals** who receive support and services. *Some may require assistance setting up the video link and some may ask that a support worker be with them during the webinar.*

- a. Individuals will be able to identify difficult aspects of the Covid 19 pandemic.
- b. Individuals will be able to identify at least 3 activities that can be done to lessen stress.
- c. Individuals will learn what an "appreciation circle" is and practice it with assistance.

Follow the links below to register

[For Direct Support staff June 16 @ 2pm](#)

[For Individuals receiving support June 18 @ 2pm](#)

During this time please follow health and wellness guidelines for physical distancing and gatherings. Once you have registered you will receive a link in an e-mail that will provide you with access to the Webinar – you can join by phone, tablet or computer. You can join with video and audio (if your device is configured with microphone, speaker and video camera) or listen in. This is a web based webinar and will require an internet connection.

For further information contact: CONNECT@gov.ab.ca