

# Loss, Self-care & Healing: Surviving and Thriving in the Midst of a Pandemic

## A Community Response to Loss and Grief to COVID19



The coronavirus pandemic (COVID-19) has left many of us struggling with uncertainty, fear, and unexpected losses; we've lost loved ones, financial stability, social connections, and our daily routines that helped us manage difficult and challenging times. Many of us are also experiencing hopelessness and sadness regarding the ongoing violence in our communities; many of us are anxious about life and death issues as our country gets ready to end all shelter in place orders.

How can we survive and thrive in the midst of so much chaos, fear and uncertainty? Give yourself permission to join your beloved community, as we silence the noise around us and return to our roots; digging deep within to identify and retrieve our innate source of hope, resilience and strength. Presenters will take participants on a journey that will address grief to new ways for engaging in self-compassion and holistic healing practices.

### Presenters include:



Carolina Bautista-Velez,  
CLC



Ghia Kelly, LCSW



Latoya Mcleod,  
LMSW



Vanessa Durrant, MSW,  
LCSW-C, LCSW, RMT, RYT

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## Part I: Dealing with Loss and Uncertainty: Self-compassion, Resilience, and Narrative featuring Ghia Kelly & Carolina Bautista-Velez

June 23, 2020 3:00pm ET/ 2:00pm CT/ 12:00pm PT

Part I of the Self-care & Healing During COVID19 webinar series, will walk participants through the dynamics of grief as we deal with loss and uncertainty, as we let go of the shame and guilt related to it. Through discussion and group exercises, participants will gain practical skills to help bring self-compassion into their daily lives.

[Register for Part I](#)

## Part II: Resilience, Trauma, & Hope: A Healing Response featuring Vanessa Durrant & Latoya Mcleod

June 30, 2020 3:00pm ET/ 2:00pm CT/ 12:00pm PT

Part II of the series will focus on the impact of trauma and will explore how to center hope, healing, and resilience for ourselves and our community. The presenters will introduce a holistic healing approach involving culture, spirituality, civic action and collective healing.

[Register for Part II](#)

## Part III: There is Hope & Joy Ahead featuring Ghia Kelly, Carolina Bautista-Velez, & Latoya Mcleod

July 7, 2020 3:00pm ET/ 2:00pm CT/ 12:00pm PT

Part III of the series will bring our expert presenters from Part I and II together to discuss how to move forward during and after COVID-19. The panelist will focus on building effective and sustainable self-care practices, and will share tools for short-term and long-term healing. Each one will offer a unique perspective on the impact of trauma and strategies for restoring peace, joy, hope and healing in our lives and communities.

[Register for Part III](#)

The National Resource Center on Domestic Violence believes in the power of individuals, families, and communities to heal and thrive. We will continue to share resources and guidance to support each other and cultivate hope, healing, and well-being for all.

If you have questions or need technical assistance, please contact our technical assistance team at [nrcdvTA@nrcdv.org](mailto:nrcdvTA@nrcdv.org). For non-emergency requests, please allow 3-5 business days for response. Additionally, our website provides a Contact Form for specific requests related or unrelated to COVID-19.

