

***There is Hope and Joy Ahead:
Webinar III of the Self-Care & Healing
During COVID-19 Webinar Series***



Eiman Elmansori 2: Hello everyone

Maria Nolden: Hello everyone

Breckan Winters: Hi everyone! I'm Breckan from NRCDV, I will be moderating the public chat today. The webinar will begin at 3pm EST. In the meantime, feel free to introduce yourself here in the chat!

Ivonne Ortiz: Hi! This is Ivonne your moderator. Thanks for joining today's session. I'm joining from Saint Augustine FL

NRCDV Admin: Hello all! My name is Justine and with the help of Breckan I will be your tech support for today :)

Breckan Winters: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan Winters: While we wait for the webinar to begin at 3pm EST, be sure to make some tea, get comfortable, and introduce yourself here in the chat!

NRCDV Admin: IF you don't hear anything don't worry as we have not connected the audio to the webinar room yet. However, if you can dial in the sound quality is better over phone vs. internet

Breckan Winters: We will begin in about 10 minutes. In the meantime, be sure to dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan Winters: And feel free to introduce yourself here in the chat!

Jessica Howell: good afternoon friends. Jessica Howell from East Texas Crisis Center. Tyler, Texas

Breckan Winters: Welcome, Jessica!

Vanessa Benavides: Hello from Texas

Breckan Winters: I'm Breckan from NRCDV. I'm joining from Harrisburg, PA and will be moderating the chat box during today's webinar

Breckan Winters: We will begin soon. In the meantime, please feel free to introduce yourself here in public chat!

Breckan Winters: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Anni Lampert: Hey from Sturgeon Bay, WI

Charlene Boice: Hello from Lake City, FL

Breckan Winters: Welcome! We're excited to share this afternoon with you!

Ronele Myers: Hello from Upper Sandusky, Ohio

Lesley Prince: Hello from Wheeling WV

Jessica Howell: so excited :)

Shannon Hoshnic: Hello from Farmington, New Mexico.

Journey Elder: Hello from Hays, KS!

Jordin Gegare: Hello from Green Bay, Wisconsin!

Lisa Arp: Hello from McCook, NE

Tonya Mull: Hello from South Carolina!

Priyam Das: Hello from Sacramento, CA!

Breckan Winters: Welcome, everyone!

Jan Bouriche: hello from Hubbard House in Jacksonville, Florida

Elisa Bonilla: SWFLC Elisa Bonilla, Victim Advocate/Case Manager

Elisa Bonilla: Uvalde, Texas

Kenia Chinchilla: Hi, Kenia Chinchilla; Cherokee Family Violence Center, Canton, Georgia.

Breckan Winters: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

CHRISTINA MITCHELL: Camdenton, MO

Breckan Winters: Although you can listen via your computer, we do recommend dialing in on your telephone for the best sound quality. If you experience any trouble with sound, please be sure to dial 1-877-594-8353, passcode: 527-89-148#.

Morgan Dewey: Greetings! Morgan here from NRCDV. We'll be live tweeting some highlights using #NRCDVlive. Share your favorite moments and we'll repost you! Can't wait to hear from Latoya, Ghia, and Carolina!

Erica Pharr: Hi Everyone, Erica Pharr from Joliet, IL

Concepcion Topete: hello, Concepcion Topete here from Oakland, CA

Yvonne Platts: Hi my beautiful Sister I love the hair

Breckan Winters: Welcome, everyone! :)

Marisol Garcia: Hi from Dade City, FL

Shannon Harden: Hello from Sigonella, Sicily (Italy)

Breckan Winters: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan Winters: You can view part 1 here <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i>

Breckan Winters: And part 2 here <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>

Eva Palma: Hi, this is Eva from Lansing, MI

Carla Sharp: Hello from Carla Sharp, Options, Community Advocate from Colby KS

Breckan Winters: Welcome, Eva! Lansing is my hometown!

Priscilla Christmas: Hello

Breckan Winters: Welcome!

Xenia Cristales: Hello

Ghia Kelly: Hello everyone!

Breckan Winters: A recording of this webinar, in addition to copies of the PPT and related materials, will be posted here on VAWnet.org and will also be shared via email with all participants: <https://vawnet.org/material/webinar-there-hope-joy-ahead-webinar-iii-self-care-healing-during-covid-19-webinar-series>

Breckan Winters: Be sure to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Elisa Bonilla: Hello everyone!

Latoya Mcleod: Hello Everyone!! pleasure to join you again!

Breckan Winters: Hi all! Although you can listen via your computer, we do recommend dialing in on your telephone for the best sound quality. If you experience any trouble with sound, please be sure to dial 1-877-594-8353, passcode: 527-89-148#.

Breckan Winters: Since Adobe is overwhelmed with virtual meetings due to covid, we anticipate that there will be tech and audio issues for some people. We recommend attempting to use the "audio set-up wizard" to alleviate some of these. To navigate to the setup wizard, click on the "Meeting" tab in the very top left of the adobe screen. The "Adobe setup wizard" option should appear in the dropdown menu.

Breckan Winters: As Ivonne mentioned, parts 1 and 2 of this webinar series are available on VAWnet.org: <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i> & <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>

Breckan Winters: Here is the Domestic Violence Awareness Project <https://dvawareness.org/>

Breckan Winters: It has tools and resources to help raise awareness during DVAM and beyond!

Jessica Howell: Thank you Breckan

JOE OSTRANDER: Hi everyone. Great to be here, again.

Roberta Thomas: Hello from Staten Island NY

Breckan Winters: Welcome! :)

Patty Branco: Hello from Harrisburg, PA. Patty here with NRCDV. :)

Margaret Abrams: So true

Breckan Winters: "Whatever that loss is, it's imperative that we grieve in a healthy way" <3

Breckan Winters: Be sure to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Sarah Watson: Ghia, you did great the first webinar and hearing your words again, I have to say, learning to parent and work from home has been such an experience. These selfcare moments and reminders are so necessary

Breckan Winters: Yes! Thanks for sharing that, Sarah. Ghia's presentation during part 1 was so powerful. For folks who may have missed part 1, be sure to tune into the recording! <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i>

VERONICA JONES-WELCH 2: Good day everyone from Valley Crisis Center here in Merced CA

Breckan Winters: Welcome, Veronica!

Breckan Winters: "Mindful" vs "mind full"

Breckan Winters: Carolina presented on part 1 along with Ghia. You can find the recording and slides in the link above!

Breckan Winters: "If we don't recognize that we are suffering, then we cannot offer ourselves self-compassion" - beautifully said!

VERONICA JONES-WELCH 2: this is true

Breckan Winters: I love that quote!

Ghia Kelly: Soul food! Yes!

Breckan Winters: Yes, embracing hope! Hope is so critical.

Breckan Winters: You can listen to Latoya's amazing presentation from part 2 of the series here <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>

Ghia Kelly: Self-care shouldn't cause more stress

Breckan Winters: Yes!!

Breckan Winters: Vanessa Timmons recently shared with us that "self-care is anything that builds your resilience." That definition really resonated with me. <https://vawnet.org/material/webinar-keeping-your-cup-full-essential-trauma-informed-advocacy-part-ii>

Breckan Winters: Be sure to share any questions for the presenters here!

Rea LaRock: Something what my kids and I do//practice is saying "Thank you Jesus for giving me today!" and it makes us feel better and refreshed.

Breckan Winters: That's beautiful, Rea! I love that you are teaching your kids gratitude in that way

Rea LaRock: :)

Breckan Winters: As Ivonne mentioned, we have lots of time for Q&A - be sure to share any questions here in the chat!

Cutella Talbot: Hello Everyone

Breckan Winters: Hi Cutella!

Gabrielle Green: Between Zoom meetings today, I set my alarm for 10 minutes, closed my eyes and sat back and just practiced deep breathing

Carla Sharp: I love when Carolina said self-care is setting boundaries for yourself.

Gabrielle Green: Me too

Breckan Winters: Oh I love that, Gabrielle! Related to Carolina's statement about setting boundaries, one of my favorite ways to practice self-care is to not schedule meetings back-to-back.

Breckan Winters: Having time between meetings to decompress is so helpful.

Sharon King: every day I walk my dog early morning in a beautiful park beach area

Dara Smith: Does Ms. Ghia have any more webinars coming up? This is the second webinar I have listened in and she provides great information.

Bekki Craig: Sometimes self-care can be a way to shift responsibility-saying NO is essential as is push back onto systems and institutions that make us carry all our own grief and trauma alone. Community care is the way forward.

Ghia Kelly: Hi Dara, I do not but feel free to find me on social media! I talk a lot! LOL

Breckan Winters: Yes, Ghia is an amazing presenter @Dara!!

Gabrielle Green: I love that point, Carolina.

Melissa Muzzy: Meals together.

Breckan Winters: Yes. Rethinking mainstream ideas around what self-care looks like is so critical.

Carla Sharp: Be Still with God is amazing!!!

Concepcion Topete: yes I agree my self-care is putting God in first place and spending time with God, watering my garden, I have a beautiful garden and I get to cut my veggies every day and then cook them with my daughter.

Dara Smith: I love that Ms. Ghia! thank you!

Casey Keene: YES! quiet/stillness is so underrated and undervalued in mainstream (white) American culture

Marilyn brink: Thank you very much for this wonderful time during your presentations. Just listening to all of you and learning from some of the Chat messages is refreshing in and of itself! Did I miss what was said on how we can receive the slides? Thank you from Columbus Ohio.

Breckan Winters: Hi Marilyn! The slides and other webinar materials will be available here <https://vawnet.org/material/webinar-there-hope-joy-ahead-webinar-iii-self-care-healing-during-covid-19-webinar-series>

Lorraine Justice: Time management and procrastination and how to deal with this

Jessica Howell: when we are facing difficult times, it is important to know that challenges are not sent to destroy us. they are sent to promote, increase and strengthen us. reaching out to my safe circle helps.

Ghia Kelly: Agreed @Casey

Breckan Winters: Yes to all of this!

Ghia Kelly: I post any of my events on my website: www.thegiftoftruth.com

Ghia Kelly: *all

Dara Smith: thank you

Ghia Kelly: My pleasure

Carla Sharp: Does Carolina and Latoya also have websites where they post their events?

Ghia Kelly: Yes they do!

Casey Keene: I notice I'm most at peace when i resist the urge do too much (especially all at once). peacefulness/pausing is so important to both self-care and humility. it allows us to be... open!

Breckan Winters: You can follow Latoya's work here <https://www.lmcleodcounseling.com/> and Carolina's work here <https://www.metamorphosis-coaching.com/>

Carla Sharp: Thank you Breckan :)

Breckan Winters: How is your heart? Whew. That's a powerful question.

Elisa Bonilla: Thanks Breckan!

Natalia Velandia: I love that "how is your heart?" or how is your mind?

Carla Sharp: I love this Ghia, this is perfect.

Jessica Howell: The heart does not lie

Erica Pharr: I love that! How is your heart?

NRCDV Admin: I love mirror neurons!

Breckan Winters: Yes! Our brains are so fascinating.

Breckan Winters: That affirmation app sounds so neat!

Gabrielle Green: I am loving all this. I have another meeting to go to (whew!) but looking forward to watching the rest later and visiting everyone's sites to look into them more! Thank you so much for all you do

Breckan Winters: Thanks for joining us, Gabrielle!

VERONICA JONES-WELCH 2: Yes I downloaded the app on my echo!!!

Bonnie Neideffer: Thank-you All for a wonderful webinar!

Erica Peres-Hernandez: what is the app called??

Breckan Winters: Thank you for joining, Bonnie!

Carla Sharp: Can you tell us which app you use Ghia for affirmation?

Ghia Kelly: It's actually called Unique Daily Affirmations

Carolina: I use Insight Timer and there is a group called Beautiful Chorus. They use affirmations in songs.

Breckan Winters: Thank you!!

Breckan Winters: There are so many great self-care/mindfulness apps out there as well.

Ghia Kelly: That's awesome @Carolina

Breckan Winters: Be sure to share any additional questions for the presenters here in the chat!

Sharon King: ty

Casey Keene: what a helpful metaphor! it's about tending to and comforting ourselves over time!

Breckan Winters: Yes, I loved the flu metaphor!

Breckan Winters: This has been another beautiful webinar. Thank you so much for your wisdom, Latoya, Carolina, and Ghia <3

Dara Smith: Yes! Thank you so much to all of the presenters!

Elynne Greene 2: Thank you so much! Very valuable information both on a personal and professional level.

Jessica Howell: Thank you for all of the amazing information and encouragement. Gods speed!

Breckan Winters: Thank you for joining us this afternoon! Be sure to share any final questions here in the chat in our last few minutes of the webinar, and to complete the survey upon logging out

Carla Sharp: This is the best webinar; I have enjoyed all of your hearts so much!!!!

Breckan Winters: Book recommendations from Latoya: So you want to talk about race by Ijeoma Oluo

Breckan Winters: Book recommendations from Carolina: The Body is Not an Apology and Love and Rage

Dara Smith: I just finished a book called Crucial Conversations Tools for Talking when Stakes are high by: Kerry Patterson, Joseph Grenny, Ron McMillian and Al Switzler...I would highly recommend....

Breckan Winters: Book recommendations from Ghia: Daring Greatly by Brene Brown, Abba's Child, and I'm Still Here

Margaret Abrams: Thank You

Breckan Winters: Thanks for these awesome recommendations!!

Karen David: thanks for the book recommendations

Ghia Kelly: Abba's Child-Brennan Manning

Breckan Winters: Thanks, Ghia!

Ghia Kelly: I'm still here- Black dignity in a world made for whiteness

Lorraine Justice: This was excellent!!!!!!

Lorraine Justice: Thank you so much!

Breckan Winters: Thanks for joining us this afternoon, everyone! Be sure to complete the survey upon logging out

Cindi Westendorf: Wonderful thanks

VERONICA JONES-WELCH 2: Thank you all

Journey Elder: Thank you for sharing everything with us! Beautifully done training.

Linda Turnage: Thank you for all the wonderful information!!!

Rea LaRock: Thank you to you all!!!

Carla Sharp: God bless to you all...

Lorraine Justice: Take care of each other and be blessed!!!!!!

Erica Pharr: Thank you all for your valuable information and insight!!

Sharon King: Thanks so much

Roberta Thomas: thanks

Charlene Boice: Thank You! Stay Safe & Healthy :)

Jennifer Baltes: Thank you all! Take care!

Casey Keene: thank you! you are such beautiful souls!

Deborah Elias: Thank you so much!!!

Jessica Howell: be good to yourself as you all help us