

Growing Together Through Covid-19

with Valerie Weaver, LCSW, Clinical Social Worker, GSGNY Troop 6000™

*Established shortly before Shelter-in-Place order was enacted in New York City, Girl Scouts of Greater NY's **Growing Together Through Covid-19** seeks to provide meaningful, topical and accessible support to adults living in New York City.*

SESSION ROSTER:

Trauma-Informed Work with Children, Parts 1 & 2

Audience: Adults who work with children, people interested in working with children, community volunteers, adults interested in the mechanics of childhood development, adults interested in bettering their relationships with children, regardless of whether or not they've experienced trauma.

Description: Describes childhood trauma, AKA: "Adverse Childhood Experiences" and its impact on human development and behavior. Gives an overview of different types of trauma and its impact, and provides ways to respond to children who've experienced trauma.

Pre-requisite: 15-minute TED Talk by Nadine Burke Harris, MD: [How Adverse Childhood Experiences Affect Health Across a Lifetime](#)

States of Uncertainty: Supporting Yourself and Others through the Unknown

Audience: All adults

Description: Discusses the impact of uncertainty brought on by Covid-19 on adults and children. Discussion on emotional and behavioral responses for adults and kids, and ways to cope with uncertainty for oneself, family members and children are provided. Information on how to talk to kids about what's happening, and how to understand their experience of the epidemic, is a focus. Resources are provided.

Responding to Conflict with Children and Adults

Audience: All adults

Description: The webinar provides a broad discussion of conflict, focusing on participants' experiences and feelings about conflict, and how to manage conflict with co-workers, housemates, and loved ones. Discussion about mediating conflict between children, diffusing repeating patterns, as well as the differences between conflict and abusive behavior (aka: bullying) takes place. Coping strategies and resources will be provided.

Focusing on What Matters Most

Audience: All adults

Description: Within an uncertain and ever-changing external reality, how do we ground ourselves in what's true? This webinar encourages participants to connect with what's most important to them. Making the most of this time at home, identifying new priorities and developing new habits, as well as imagining what one wants their future to look like will take place. Relevant activities and resources are provided.

Relationships with Family & Friends During Shelter-in-Place

Audience: All adults

Description: How have Covid-19 and Shelter-in-Place orders impacted our relationships? How can

we redefine, build and nurture the relationships in our life in this time of uncertainty? This webinar will focus on the importance of relationships to well-being, and ways to build trust, understanding and closeness despite the challenges Covid-19 presents.

Managing Your Nerves While Sheltering-in-Place

Audience: All adults; more geared toward parents & social workers, as there is more discussion about parental stress and living with children 24/7.

Description: This webinar focuses on the changes in the home environment as a result of Covid-19. The impact of the shelter-in-place order on our mental health are discussed, including restricted mobility, and social connection with others, as well as challenges related to being at home 24/7. Methods of coping for adults and children, as well as resources, are provided.

Dealing with Isolation, Loneliness and Depression

Audience: All adults

Description: This webinar focuses on experiences of isolation, loneliness and depression related to shelter-in-place orders and other stressors associated with Covid-19. Suggestions on ways to cope and resources will be provided.

Living Away from Home During Covid-19

Audience: All adults who've transplanted during the Covid-19 epidemic

Description: This webinar discusses the stressors related to the decision to leave one's home during Covid-19 shelter-in-place measures. Whether staying with family, friends, or in a space of your own, the challenges associated with being away from home for an unanticipated period of time are unique. Ways to cope with these stressors will be discussed.

Coping with Economic Instability

Audience: All adults

Description: Economic instability is difficult due to the concrete challenges it poses. This webinar will focus on the impact of economic instability as a result of Covid-19, giving space to explore the concrete and emotional impact of the actual or perceived experience of not having enough money to get by. Coping strategies for emotional and tangible challenges will be explored.

ABOUT THE PRESENTER:

Valerie Weaver, LCSW is a child and family psychotherapist whose experience is focused on working with children and families impacted by the child welfare system, homelessness, domestic violence, and other forms of trauma. Valerie is most motivated by helping people cope with change, connect with who they are, and improve their relationships with the world around them.

Valerie joined Girl Scouts of Greater New York's Troop 6000™ in February 2019. In her time with Troop 6000, she has developed and trained volunteer troop leaders and staff in trauma-informed work with children; she also established Troop 6000's Master's Level Social Work Internship program. These endeavors have allowed Troop 6000™ to professionalize and improve the impact of its programming.

Valerie received her Master's Degree in Social Work from Fordham University, and is a Candidate in Child and Adult Psychoanalysis at the Contemporary Freudian Society.

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