



**Training:**

**Increasing awareness of the collateral impact and recovery from the COVID-19 pandemic**

The Covid-19 pandemic has had a major social and economic impact on the general population, as well as on our various community partners (community organizations, businesses, municipalities, schools, health care, etc.)

With this in mind and from a perspective of support and well-being, we are offering a training workshop to increase the adaptive capacity and the resilience of individuals and of the community in a pandemic and post-pandemic context.

**Training for:**

Volunteers and employees of Memphrémagog community organizations.

**Objectives:**

- Increase participants' awareness of pandemic fatigue.
- Support and equip volunteers working in community organizations that are in contact with individuals with pandemic related vulnerabilities.

**Training length:** 2 hours

The training is offered free of charge to groups of approximately 10 people.  
(in accordance with sanitary measures)

**Training provided by:**

Mélanie Robin, Social Worker with the Magog CLSC in connection with the roll-out of the réseau des Éclaireurs en santé psychologique (Scouting Network for Psychological Health)

