

For daily updates on services available in your area
during COVID-19

**DAILY
UPDATE**

Riverside Trauma Center
A SERVICE OF RIVERSIDE COMMUNITY CARE

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Promoting Emotional Recovery After Trauma and Loss

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Important Current Topics

Safety, Predictability & Control in the Midst of COVID-19

Managing Sleep Disturbances During Covid-19

Reflection, Regulation, & Relaxation: The 3Rs of Self-Care in Managing COVID-19 Related Stress

Self-Care for Parents During the Covid-19 Crisis

Supporting Your Child During the Covid-19 Crisis

Managing Reactions to the Coronavirus

Reactions to Highly Stressful or Potentially Traumatic Events

What Parents Should Know About *13 Reasons Why*

Talking with Your Children About Highly Stressful Events – Election

Practicing Self-Care After Highly Stressful Events – Election

Talking with Your Children About Islamophobia and Hate-Based Violence

View a range of COVID-19 materials designed to help reduce feelings of anxiety or hopelessness, while supporting yourself and loved ones, [HERE](#)