



A Webinar & Message from...

The National Organization for Victim Assistance (NOVA), USA
In collaboration with
Restorative Community Concepts/Counselling (RCC), SINGAPORE

NOVA in collaboration with RCC will be offering FREE educational sessions to international school educators in Covid-19 affected countries to acknowledge the emotional & social impact & offer strategies for coping with resilience on the dates/times listed below. Experienced crisis responders will be available during these times to provide private chat, one-on-one support. Sessions will be provided in English.

Please choose the date and time most convenient for you, and you can sign-up for the educational webinar using the URL provided below.

Thursday 12 March 9:00pm (CST) China Standard Time: [Register Here \(bit.ly/EB9pm12Mar\)](http://bit.ly/EB9pm12Mar)

Monday 16 March 9:00pm (CST) China Standard Time: [Register Here \(bit.ly/EB9pm16Mar\)](http://bit.ly/EB9pm16Mar)

NOVA and RCC's heart and thoughts are with those international school staff throughout the world who have been affected by the Covid-19 virus. We are sorry that you and those you love are having to endure this protracted epidemic.

During this difficult time, you *may* experience both physical and emotional reactions including body aches, gut pain, muscle tension, sleep disruption and nightmares. Emotions may vary from feelings of shock, disbelief, anger, fear, helplessness, dread and confusion as the time and spatial dimensions, and the expectations of you as educators are ever changing. You may also be experiencing "secondary injuries" from people and organizations that act insensitively, when you are seeking help or support. **These reactions are not uncommon when experiencing an abnormal, life confining, isolating and for some a life-threatening situation.**

To read more about crisis reactions and dealing with grief and loss, please visit this link:

[Reading materials \(http://bit.ly/RCCRead\)](http://bit.ly/RCCRead)

Support is available...

You may want to consider how you are being affected by Covid-19. Answering the questions of the [Trauma Screening Questionnaire \(http://bit.ly/RCC-TSQ\)](http://bit.ly/RCC-TSQ) can help you to think about whether you might benefit from some additional support. We would encourage you to consider the resources and support offered by your school, the counselors who may be available in your community and you can also consult the [International Therapists Directory \(http://bit.ly/T-Dir\)](http://bit.ly/T-Dir) for therapists familiar with the issues of expatriates and third culture kids and families.



NOVA and RCC are here to assist you as you work through the common reactions and confusion associated with this on-going, isolating and sometimes overwhelming event and to help you move toward resilience in its aftermath,

Claire Ponder Selib
NOVA Executive Director

Dr. Suzanne M. Anderson
RCC Director