



## **Building Relationships & Receiving Support During The COVID-19 Pandemic**

Join the Voices of the Commonwealth along with other foster youth (ages 16-21) across the state of KY in a virtual meeting every Friday. We will discuss a variety of topics facing our state, nation, and the world. You have the opportunity to receive encouragement, support, and have fun discussing a variety of topics with your peers. How has this pandemic affected you? What can we do to help each other?

Topics may include: Dealing with anxiety, with depression/loneliness, staying connected to family and friends, financial needs/grocery needs, working from home, school work from home/online education, self care/hobbies, and completing tasks/goal setting.

**Every Friday at 3 pm Central/4 pm Eastern**

**Google Hangouts Meet/Link will be sent to you  
or a phone number for conference call**

**RSVP to [wwilson9@murraystate.edu](mailto:wwilson9@murraystate.edu)**

