



Self-Care and Social Connection

[Self-Care Resources](#)

- Wayne State University is collecting resources to support us to take care of ourselves during this difficult time.

[CDC Self-Care Tips](#)

- The Centers for Disease Control and Prevention offers tips and resources to support self-care.

[Set Up Zoom Meetings](#)

- Many people feel setting up virtual meetings is difficult. Watch a self-advocate explain how to download and then join a Zoom video conference.

[Connect with Self-Advocates](#)

- Every Monday and Thursday at 1:00PM [SARTAC](#) hosts a Zoom check-in chat for self-advocates. Contact topper@gmsavt.org or max@gmsavt.org or call 802-229-2600 with any questions.

Zoom meeting ID: 324
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