



FSSRI Far Southside ROSC Initiative
PLANNING FOR A BETTER COMMUNITY

T.E.E.C.H. - ROSC MONTHLY MEETING AGENDA

DATE: June 22, 2021

TIME: 6:00 pm – 7:30 pm

6:00 – 6:15 PM

Opening Statement & Introductions

6:15 – 7:15 PM

ROSC Roundtable Discussion

7:15 – 7:30 PM

Q&A and Closing



ROSC ROUNDTABLE

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JUNE 22, 2021
6:00 PM - 7:30 PM

**This meeting is an open discussion about resilience!
You will be encouraged and empowered as we share
what we've gained during COVID 19.**

Join Meeting

Zoom Information

**[https://us02web.zoom.us/j/83457129193?](https://us02web.zoom.us/j/83457129193?pwd=SXZHSTgwOVlPbTRHMTlhDRDZYdTg3Zz09)
[pwd=](#)**[SXZHSTgwOVlPbTRHMTlhDRDZYdTg3Zz09](#)****

Meeting ID: 834 5712 9193

Password: 553998

Phone Number: 312-626-6799



TEECH FAR SOUTHSIDE ROSC INITIATIVE MONTHLY MEETING

VIA-ZOOM

Meeting **Date:** 06/22/2021

Time: 6:00PM – 7:30M

Round table discussion Hosted by Dr. Karen White

Community Topic: Resilience during COVID 19

COVID 19:

- Caused by the Coronavirus called SARS-COV-2, an illness caused by a virus
- Severe acute respiratory Syndrome
- If contracted, you should quarantine for 14 days
- Highly contagious

2020 the United states along with the rest of the world had a lock down. The lock down included"

- Business's closed
- Schools closed
- Job lost

Due to the lock down people experienced:

- Isolation
- Fear
- Confusion
- Overdose's
- Mental health breaks
- Crime numbers increased

A year later we are cleaning up from the riots and businesses are open, but the pandemic is still here.

The world as hold has shown great resilience.

What is resilience: The capacity to recover quickly from difficult times. The ability to spring back in place or jump back after opposition.

According to Dr.ginsburg Child pediatrician and human development expert, there are 7 integral and interrelated components that make up resilience.

1. Competence
2. Confidence
3. Connection



4. Character
 5. Contribution
 6. Coping
 7. Control
- How are we coping today?
 - What are some tools to keep us going?

Floor is open for comments and questions