

Coping with COVID Online Support Group

When: Every Tuesday from 9:00am-10:30am

Where: Online via Zoom

Whether you are struggling with feeling isolated, overwhelmed, or finding yourself more irritable, this group is designed for the community to come together while learning skills to help manage stress and anxiety.

This is a free community outreach service available to everyone, facilitated by one of our mental health staff. The group will talk about current struggles, practice grounding/coping skills and gain knowledge about common stressors that have come up for people during the pandemic.

Dates for the group are scheduled out to make it easy to register for ones that fit into your schedule!

(Registration Button Here)

Full Meeting Schedule:

August

4th from 9:00am-10:30am

11th from 9:00am-10:30am

18th from 9:00am-10:30am

25th from 9:00am-10:30am

31st from 9:00am-10:30am

September

1st from 9:00am-10:30am

8th from 9:00am-10:30am

15th from 9:00am-10:30am

22nd from 9:00am-10:30am

29th from 9:00am-10:30am

October

6th from 9:00am-10:30am

13th from 9:00am-10:30am

20th from 9:00am-10:30am

27th from 9:00am-10:30am

November

3rd from 9:00am-10:30am

10th from 9:00am-10:30am

17th from 9:00am-10:30am

24th from 9:00am-10:30am

December

1st from 9:00am-10:30am
8th from 9:00am-10:30am
15th from 9:00am-10:30am
22nd from 9:00am-10:30am
29th from 9:00am-10:30am