

Free Virtual Support Groups for Coping with the COVID Crisis

We are all facing challenges related to the COVID-19 pandemic. Whether you are an essential worker experiencing financial hardship, or trying to balance all of your responsibilities, it is natural to feel like you are losing control. These stressors can lead to:

- Increased Anxiety/Depression
- Social Isolation
- Increased Substance Use
- Relationship Challenges

Sharing experiences and learning you are not alone can be extremely helpful in reducing anxiety, learning stress management strategies and coping with these new and unique challenges.

SUPPORT GROUP INFORMATION:

The support groups will be conducted using a virtual service called Zoom. Please reference the “Zoom Instructions” on the following page for information on how to access the group.

Groups are limited to the first 15 people. Registration is required for each group you plan to attend.

MAY SCHEDULE

DAY AND TIME	GROUP FOCUS	GROUP LEADERS
Tuesdays 1:30 – 2:30 pm PST	Substance Use	Dr. Bullard, PhD Dr. Willey, MD
Tuesdays 2:00 – 3:00 pm PST	Healthcare Workers Support	Heather Hernandez, LMHC Caroline Rath, RN
Wednesdays 10:00 – 11:00 am PST	Healthcare Workers Support	Nina Bonafacio, RN Rebekah Shutter, LPC
Wednesdays 10:00 – 11:00 am PST	Coping With the COVID Crisis	Dr. Mirica Sanders, DO Chloe Dean, LPC
Thursdays 2:00 – 3:00 pm PST	Coping With the COVID Crisis	James Lattimore, LSW

For more information or assistance contact our COVID Support Hotline at:

855-789-COVID (2684)

To Register for a Support Group, go to:

[spshecovidsupport.com](https://www.spshecovidsupport.com)

Zoom Instructions:

- 1) Use a computer or mobile device that has access to the internet. If you are using a mobile device, you will need to download the “Zoom” app.
- 2) Select the following link and enter the provided Meeting ID Number (will be provided via email 24-hours prior to group): <https://zoom.us/join>
- 3) You may be asked to download the Zoom plug-in, if you do not wish to do that simply wait and you can use the browser instead.
- 4) When using a computer – Call in by phone once you access the meeting if you do not want to use your computer’s audio. When using a mobile device – the Zoom app will ask for access to your microphone and camera. If you would like to speak during the Support Group you have to accept.
- 5) If you are unable to use video, you can use the call in number on the invitation.
- 6) You may be asked to provide a display name and an email address – you do not need to make an account to access the session.

