



Managing Challenges Related to COVID-19

The COVID-19 pandemic has affected every aspect of our lives as we try to understand and navigate through the "new normal". In light of these new challenges, we are offering a weekly virtual support and psychoeducation group for those 18 years and older.

This support group will be an open forum with a guided discussion to help members cope with stressors such as illness, loss, unemployment, adjusting to life in the pandemic, and caring for others.

Group meeting time is to be determined based on interest.

Call us at 201-564-7331 for more information.



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