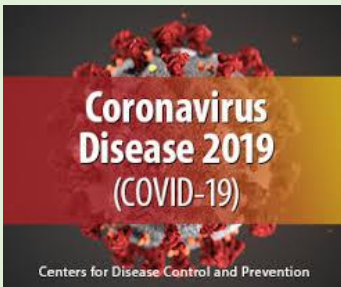


## Managing Stress & Wellness During the Time of COVID-19 Monthly Support Group



Due to the Pandemic, have you been experiencing:

- heightened anxiety or stress?
- feelings of isolation or helplessness or fear?



The LIFE Center of the Suncoast, Inc. would like to offer this monthly group as a service to our community, to provide stress management support.

Facilitated by:

Milton Moss, LMHC

Joleen Patane, MSW, Retired LCSW

When:

1<sup>st</sup> & 3<sup>rd</sup> Mondays of each Month  
7:00-8:00pm

RSVP: (813) 237-3114

thelifecenter@tampabay.rr.com

Where:

VIRTUAL

Cost:

FREE