

# Online Support Groups



**Helping you cope with the challenges of COVID**

Free, confidential & anonymous

## Tuesday

**Healing through Loss**  
7-8pm

Many have been impacted by loss due to the pandemic; gain support and connect with others as you navigate grief in all of its forms.

## Thursday

**Wellness Workshops**  
6:30-7:30pm

All things wellness; join us for yoga, nutrition, art and so much more!

## 2nd Saturday of Each Month

**Coping through the Arts**  
10-11am

Get the family together to destress, strengthen your bond and have fun through creativity and the arts.

**Join us on Zoom!**

Call in # +1 646 558 8656  
Meeting ID: 939 2266 2794  
Passcode: 659532

[bit.ly/3gajvhj](https://bit.ly/3gajvhj)



Scan the QR code to access our live group calendar

Call our helpline for information & support

**516-510-0282**