

FREE ONLINE SUPPORT GROUP FOR NON-HEALTHCARE ESSENTIAL WORKERS

AVAILABLE WEEKLY DURING THE MONTHS OF MAY AND JUNE 2020

The USD Clinical Psychology Program is offering a FREE online support group to non-healthcare essential workers who are currently facing challenges related to COVID-19. The group will be online via Zoom videoconferencing, available on any computer or smartphone with a camera.

This group, led by two clinical psychology graduate students, will provide a space to process the members' experiences, strengthen their coping skills to better manage stress, and build a supportive community.

For more information or to join, contact us at:

nonhealth.supgroup@gmail.com

Please e-mail:

nonhealth.supgroup@gmail.com

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essential workers support group

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