Group Support Session

Emotional Well-being & Resilience Matters: Managing Stress, Loss, Triumph, and Fatigue

(For non-medical essential employees)

Description: These ongoing Support Group Sessions are for non-medical essential employees involved with provision of ancillary support services connected with COVID-19 patients who are dealing with the daily impact of the pandemic. Participants may join this group for support, to learn coping strategies, and to simply be together with other non-medical essential employees to share experiences during this challenging time. This group will address LOSSES (patients, loved ones, time, money, special events, routines), STRESS (working long hours, challenges to basic safety, pressures to perform), TRIUMPHS (successful discharges, support of families), and FATIGUE (when will this end, how can I keep going?).

Facilitator: These sessions will be facilitated by Orville Jackson, LPC and Employee Assistance Clinician

Date and Time: Thursdays from 5:30 pm to 6:30 pm

Register: Register for this virtual session(s) in advance: https://zoom.us/meeting/register/tJ0sf-6upzwoHda6zmK1liNw4d41lYZ4Wi7n. After registering, you will receive a confirmation email containing information about joining the meeting.