Group Support Session

(For Family Members of Frontline Healthcare Professionals)

Description: These ongoing Group Support Sessions are being offered to address the needs of the family members of frontline healthcare professionals who are seeking strategies to support the concerns of loved ones working with COVID-19 patients. Frontline healthcare professionals may be extremely stressed, dealing with fears of becoming infected or infecting family members with the coronavirus. Family members are often facing pressures to establish and uphold healthy, positive home environments, while navigating basic routines and maintaining their emotional well-being. Participants will share experiences, learn coping strategies and skills to promote resilience and emotional well-being.

Facilitator: These group support sessions will be facilitated by Dr. Mellonie Hayes Mullins, LMFT and Employee Assistance Clinician

Date and Time: Held virtually on Wednesdays from 5:30 pm – 6:30 pm

Register: Register for this session(s) in advance here: https://zoom.us/j/92192931125?pwd=WS9sSG1lKzZ2VmVsVit6R3FBVFBiQT09. After registering, you will receive a confirmation email containing information about joining the meeting.