Group Support Session

Living Life During COVID-19: Ongoing Open-ended Support Group Sessions
(For all Emory employees)

Description:

Everyone is experiencing change and loss during the COVID-19 pandemic. In this group, participants will share experiences and support, learn coping strategies, and simply discuss what is happening with them during this challenging time. For most individuals, COVID-19 has brought loss of life’s routines, changes in lifestyle, work structure, and personal activities. With each day, there are also notifications about loss of life (e.g., family member, friend, neighbor, etc.). This group will address LOSSES (loved ones, time, money, special events, routines), STRESS (boredom, remote work, parenting and home schooling, challenges to basic safety) and FATIGUE (when will this end, I am exhausted by long work hours).

Facilitator: These group sessions will be facilitated by Dr. Sue Matthews, FSAP Psychologist

Date and Time: Mondays from 5:30 – 6:30 pm

Register: Register for this session(s) in advance at https://zoom.us/meeting/register/tJUkd-GgrTkI9GSQxUKwEtLa- 2tyXeo9XN. After registering, you will receive a confirmation email containing information about joining the meeting.