Group Support Session

Coping with Uncertainty Amid Pandemic, Economic and Social Justice Concerns (Open-ended Support Group Sessions)
(For all Emory employees)

Description:

Everyone is experiencing change and loss during the COVID-19 pandemic and recent social justice events. In this group, participants will share experiences and support, learn coping strategies, and simply discuss what is happening with them during this challenging time. This group will address LOSSES, STRESS and FATIGUE.

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-GgrTkiE9GSQxUKwEtLa-2tyXeo9XN. After registering, you will receive a confirmation email containing information about joining the meeting.