

COVID-19 VIRTUAL SUPPORT GROUP

via **zoom**

Surviving COVID-19 takes perseverance, determination, and strength. Share your story with others who have experienced similar challenges.

Date:

Every other Tuesday, via Zoom

Time:

6:30 pm - 7:30 pm

For more information or to RSVP email
Jamesrusso@gaylord.org

Topics will include:

- Rehabilitation process
- Shared experiences
- Separation from family & loved ones / social-emotional supports
- Anxiety and mood changes related to the virus and its impact on daily life
- Preparing for the future
- Special guest speakers

