



Self-Care for Professionals during COVID-19:

A Virtual Support Group for those on the front lines

Group times now through May 31st:

- > Mondays 9am, 12pm
- > Tuesdays 7am, 10:30am, 3pm
- > Wednesdays 8am, 12pm, 4:30pm
- > Other times are available by request of an agency.

Join local professionals for extra support during the COVID-19 crisis. Program includes 30 minutes of self-care tips, access to *A Guide For Professionals* and 30 minutes of open dialogue and supportive conversation.

There is no cost to attend this one-time program. Max participants at each session is 15 people.



Group Facilitator:

Rebecca Prather, LISW
Suicide Prevention Coalition
of Summit County

Sponsored by:

Suicide Prevention
Coalition
of Summit County



For more information or to register please contact Rebecca at rebeccaprather93@gmail.com.