

“Helping the Helpers” COVID Frontline Support Group

Attention: Long Term Care Staff

You are invited to a weekly video conference support group.

Facilitators: Karen Baack, LCSW and Jackie Salmon, LCSW

Wednesday, July 22, July 29, August 5, August 12

7:00 PM – 8: 15 PM

To attend, we ask you to please register at this zoom link:

<https://us02web.zoom.us/j/86546043008?pwd=UWluVm1rY2lJN3NDQ0wrUmVKaGlnNdz09>

Meeting ID: 865 4604 3008 Password: 4Uwbbg

Registration questions, contact Valerie Ferri at Vafferri@pmhcc.org

Goals:

- *To provide free emotional support, encouragement and compassionate self-care strategies to medical providers who are on the “front lines” of this unprecedented crisis.*
- *To be united in solidarity during this time of global crisis.*
- *Provide an opportunity for medical providers to explore and share feelings regarding the COVID-19 pandemic.*
- *Provide strategies that promote Self-Care.*
- *Cultivate a Supportive & Non-judgmental atmosphere.*

Note: *This is a support group only and is not intended to provide professional therapy.*

Supported by the following organizations:

- Chester County Medical Society ● Coalition for the CommonHealth
- Delaware County Critical Incident Stress Management ● Springfield Psychological
- Pennsylvania Psychiatric Leadership Council ● Philadelphia County Medical Society

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