

COPING DURING COVID TIMES SUPPORT GROUP

**BECAUSE WE ALL NEED SUPPORT AND A PLACE
TO BELONG. WE INVITE YOU TO LEARN FROM PEOPLE
WHO HAVE BEEN THERE!**

**COPING DURING COVID TIMES
IS A SAFE SPACE FOR ANYONE
WHO IS STRUGGLING DURING
THE PANDEMIC.**

FREE TO JOIN AND FREE OF JUDGEMENT.

- **LEARN HEALTHY COPING SKILLS**
 - **CONNECT TO KEY COMMUNITY AND LEARNING RESOURCES**
- FIND US ON OUR FACEBOOK PAGE AND EASY ACCESS VIA ZOOM LINK:
[HTTPS://HEARTLANDFAMILYSERVICE.ZOOM.US/J/2639162200...](https://heartlandfamilyservice.zoom.us/j/2639162200...)

**SUPPORT GROUP TIMES:
MONDAYS AT 2PM EVERY WEEK
SATURDAYS AT 3:30PM EVERY WEEK**

