**“Helping the Helpers”**

**COVID Frontline Support Group**

***Attention: First Responders***

You are invited to a weekly video conference support group.

Facilitators: Theresa Kelly, LCSW and Frank Hadden, LPC

**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/81800511076?pwd=OXB6MkU2ZURkbkVzc21rUTlpditkQT09>

Meeting ID: 818 0051 1076 Password: 122823

Registration questions, contact Valerie Ferri at**Vaferri@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:

lChester County Medical Society l Coalition for the CommonHealth

 l Delaware County Critical Incident Stress Management l Springfield Psychological

 l Pennsylvania Psychiatric Leadership Council l Philadelphia County Medical Society

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