**“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=UWluVm1rY2lJN3NDQ0wrUmVKaGlNdz09](https://www.google.com/url?q=https://us02web.zoom.us/j/86546043008?pwd%3DUWluVm1rY2lJN3NDQ0wrUmVKaGlNdz09&sa=D&source=calendar&ust=1594583330197000&usg=AOvVaw24caE5iFRdJ9hYMbcg0xKd)

Meeting ID: 865 4604 3008 Password: 4Uwbbg

Registration questions, contact Valerie Ferri at[**Vaferri@pmhcc.org**](mailto: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

*Program is made possible by a grant from* ***The Foundation for Delaware County***