**“Helping the Helpers”**

**COVID Frontline Support Group**

***Attention Nurses***

You are invited to a weekly video conference support group.

Facilitators:Ellen Decker PsyD, LPC & Lavanya Devdas PhD

**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/meeting/register/tZ0sc-ihqzgoGdDLNzCUbHtwgKK5\_5d50GAX](https://www.google.com/url?q=https://us02web.zoom.us/meeting/register/tZ0sc-ihqzgoGdDLNzCUbHtwgKK5_5d50GAX&sa=D&source=calendar&ust=1594583330197000&usg=AOvVaw0bTZHZ6Wn4I1mJoepbRGp9) After registering, you will receive a confirmation email containing information about joining the meeting.

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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