

Group Support Session

Emotional Well-being & Resilience Matters: Managing Stress, Loss, Triumph, and Fatigue.

(For frontline healthcare professionals only)

Description: These ongoing Support Group Sessions are being offered to promote the health and well-being of our frontline healthcare professionals treating COVID-19 patients. This Support Group experience will be facilitated for providers dealing with the daily impact of the pandemic individually, and on the lives of colleagues and family members. Participants may join this group for support, to learn coping strategies, and to simply be together with other frontline healthcare professionals to share experiences during this challenging time. This group will address LOSSES (patients or loved ones, time, money, special events, routines), STRESS (working long hours, challenges to basic safety, pressures to perform), TRIUMPHS (successful discharges, support of families), and FATIGUE (when will this end, how can I keep going). Dr. Sue Matthews, FSAP Psychologist, will be the facilitator for these sessions, which will be held on Mondays from 7 pm – 8 pm.

Facilitator: These group sessions will be facilitated by Dr. Sue Matthews, FSAP Psychologist

Date and Time: Mondays from 7:00 – 8:00 pm

Register: Register for this virtual session(s) in advance at:

<https://zoom.us/meeting/register/tJEscu6rrzspHNcJPtJ2E2I90myUJA47js3P>. After registering, you will receive a confirmation email containing information about joining the meeting.