

## **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**

Comm. 577 (02/21)