

NY Project Hope

Coping with COVID



Move Forward with Hope

New Online Wellness Groups from NY Project Hope



As our state reopens and New Yorkers navigate through new changes caused by COVID-19, people continue to seek emotional support to help them cope with the adjustments, stress, and anxiety. In response to this need, NY Project is proud to introduce **Online Wellness Groups!**

These virtual discussion groups, facilitated by trained crisis counselors, are free and provide a supportive space for individuals similarly impacted by COVID-19. You may attend as many groups as you'd like and they are all free, confidential, and anonymous.

Mondays @ 2 pm	Mental Wellness Monday This group gives education and support related to anxiety, depression, and stress that was brought on due to the coronavirus.
Tuesdays @ 2 pm	COVID Longhailer Support for COVID longhailers with information about the chronic effects of the coronavirus, how that affects mental wellness, and what we can do for ourselves.
Wednesdays @ 12 pm	Wellness Wednesday All things wellness are discussed on Wednesday to support you in addressing the stress related to COVID.
Wednesdays @ 4 pm	Teen-2-Teen This group gives a time and a space for teenagers to freely talk about how the past year has affected their lives and how best to move forward
Thursdays @ 8 pm	The Impact of COVID on Relationships Relationships are difficult under normal circumstances and the pandemic has added more strain and stress. This group discusses communication and connection in the face of COVID.
Fridays @ 6 pm	Moving Forward Friday We're moving into a new phase of living with the coronavirus. This group focuses on how to handle re-entry anxiety and move forward with hope.

Participation is open; no registration is required. Mechanisms are also in place to respect the privacy of participants. For more information, visit our website at NYProjectHope.org

NY Project Hope is a statewide program of the NYS Office of Mental Health and is funded by the Federal Emergency Management Agency.

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