

HEART LINK

Coping During COVID-19 Support Group



WHEN: Every day

TIME: 9 am
8 pm

ONLINE via Zoom
ID: 449 846 8853

FREE

Heart Link is sponsored by The Crisis Line and Referral Service

Two support groups are being offered every daily. They are facilitated by mental health professionals Julie Leikvoll, LICSW and Nancy Bernstetter, LICSW. We have capacity to add additional groups as needed.

ADDITIONAL FREE ONLINE RESOURCES

Tools 2 Thrive
<https://www.mhanational.org/mental-health-month>

Coping with COVID
<https://mn.gov/dhs>

We are living through a pandemic: uncertainty, anxiety, shelter to home orders, disrupted employment, not seeing our family and friends, not going to church and our social outings...

We are all having stress reactions to varying degrees – Irritability, forgetfulness, worry, difficulty getting things done, poor sleep...

Gain valuable insight from the safety of your own home that you may find helpful from seasoned mental health professionals.

More important is that each one of us brings insight into how we are coping.

Simply download the free ZOOM app from the internet and then join a meeting that fits your schedule. We are running them every day at 9 am and 8 pm.

We are building a sense of community where we share our experience, strength, hope and needs. Please join us and invite others to log on.

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Essentia Health

