Coping with Covid-19

This is an interpersonal group for children and adolescents who struggle with adjustment related difficulties as a result of the Covid-19 pandemic.

This group is designed to help group members:

Express thoughts and feelings within a supportive environment

Build coping skills to improve overall functioning and well-being

Problem solve challenges related to remote learning

Reduce social isolation by building relationships with peers

Promote healthy lifestyle choices

Schedule:

- Groups meet on a weekly basis via telepsychology using Zoom
- Rolling admission
- Groups are created based on age
 - For younger children, parents may be required to be available to help supervise or participate in the group
- For more information, please contact:

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