



HELP THE HELPERS

Frontline worker support group

Talk with other healthcare workers

Emotional support

Self-care strategies

Supportive & Non-judgmental atmosphere

Option to remain anonymous

Please join us:

Tuesdays @ 7pm (December 15th, 22nd, January 5th & 12th)

[https://us02web.zoom.us/j/82436820891?](https://us02web.zoom.us/j/82436820891?pwd=S043Vk1scUtNSDIERmtxVWtDNWhjZz09)

[pwd=S043Vk1scUtNSDIERmtxVWtDNWhjZz09](https://us02web.zoom.us/j/82436820891?pwd=S043Vk1scUtNSDIERmtxVWtDNWhjZz09)

or

Wednesdays @ 10am (December 9th, 16th, 23rd, January 6th & 13th)

[https://us02web.zoom.us/j/84671010277?](https://us02web.zoom.us/j/84671010277?pwd=U05aY1hyTIR4a01MOVd6Z0pFbkduZz09)

[pwd=U05aY1hyTIR4a01MOVd6Z0pFbkduZz09](https://us02web.zoom.us/j/84671010277?pwd=U05aY1hyTIR4a01MOVd6Z0pFbkduZz09)

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***NOTE:**

THIS IS A SUPPORT GROUP ONLY AND IS NOT INTENDED TO PROVIDE PROFESSIONAL THERAPY.