

Self-care and Stress Reduction Zoom Video-conferencing Group



- Explore tools and strategies to help you manage the stress of being confined to your home
- Connect with others
- Receive support around creating structure and setting goals

Note: In order to participate in this group you must have access to a tablet, smart phone, computer, or telephone.

This group requires pre-registration, but once registered, attendance each week is optional.

Location: Your home via the Zoom app

Start Date: Tuesday 3/31/20 (group will run weekly until further notice)

Time: 1-2 pm

Led by Sally Olmsted, LICSW of the Wellness Collaborative

For more information or to register call Sally at 479-4083 or email: sally.olmsted@wcmhs.org

The Wellness Collaborative of Washington County Mental Health Services is dedicated to A Holistic Approach to Health and Wellness. Supporting Individuals through the Stress of Daily Life.