

# Coping with COVID-19



## (Virtual) GROUP THERAPY

Separate Groups for: Children, Teens, & Adults

Groups will focus on

- Learning skills to decrease anxiety
- Surviving and Thriving in quarantine
- How to cope with re-integration
- Maintaining healthy relationships with family
- Stress management and self-care
- Identifying resources and how to access them

To enroll or get more information: [Call 919-233-4131](tel:919-233-4131) and mention “Covid-Group” or email: [frontdesk1400@gmail.com](mailto:frontdesk1400@gmail.com)

All groups to be run by FPPA Psychologists: [Dan Sheras, Psy.D.](#) and/or [Shannon Erklin, Ph.D.](#) Using the free software Zoom, all meetings will be virtual and have rolling admissions.