



PANDEMIC PROCESSING

A group therapy space for those navigating the ongoing pandemic

When:

Wednesdays 5:00-6:30 pm PT
(April 9th through June 11th)

Thursdays 12:00-1:30pm PT
(April 10th through June 12th)

(Participants may join one group at a time)

Group details:

10 weekly sessions, held virtually on zoom
90 minutes long

Cost: **Pay what you can between \$25-\$75 per session**
(Paying a higher rate if you're financially able allows those with fewer resources to participate)

Potential topics include: Managing relationships with friends and family, feelings of grief and loss, navigating COVID boundaries, stressors around in person activities, self care strategies, finding meaning and more!

Sign up: bit.ly/aprilpandemicprocessing

Who:

California residents still taking COVID precautions in their daily lives looking for support and connection.

Facilitated by Olivia Belknap, Associate Marriage and Family Therapist
(AMFT145716)

- Under supervision of Lisa Gray (MFT44983)

