

Online Support Groups



Helping you cope with the challenges of COVID
Free, confidential & anonymous

Wednesday

Healing through Loss
7-8pm

Many have been impacted by loss due to the pandemic; gain support and connect with others as you navigate grief in all of its forms.

Thursday

Wellness Workshops
6:30-7:30pm

All things wellness; join us for yoga, nutrition, art and so much more!

2nd Saturday of Each Month

Coping through the Arts
10-11am

Get the family together to destress, strengthen your bond and have fun through creativity and the arts.

Join us on Zoom!

Call in # +1 646 558 8656
Meeting ID: 939 2266 2794
Passcode: 659532

bit.ly/3gajvhj



Scan the QR code to access our live group calendar

Call our helpline for information & support

516-510-0282

Monday-Friday 8am-8pm & Saturday 8am-4pm

APPROVED FOR DISTRIBUTION
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DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS



NY Project Hope
Coping with COVID

A program of the NYS Office of Mental Health
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This is not a Half Hollow Hills School District sponsored or endorsed activity

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