



COPING THROUGH COVID

Adult Support Group

A five-session group meeting every Wednesday 7:00 – 8:00p.m. via Zoom

Session Dates:

Week 1: May 5

Week 2: May 19

Week 3: June 2

Week 4: June 16

Week 5: June 30

Cost:

\$70.00 for all 5 sessions. Please register by using the QR code, or by going to cdpcc.org/events. Scholarship money is available for those who are in need. If you would like to request a scholarship for this event, please contact Donna at 630-752-9750 x10. Insurance is not accepted for this group and there are no refunds for missed sessions.

Discover new ways to manage the anxiety, stress and depression that can result from isolation, in a supportive group environment. Coping tools may include lifestyle changes, mindfulness, self-compassion, meditation, and deep-breathing and will be practiced during each session using experiential exercises. The group will be led by Courtney Chapin, MA of the Central DuPage Counseling Pastoral Center. Participants will receive login information once registered.

Space is limited. Pre-registration and payment are required by May 5

Call Donna @ 630-752-9750 x10 or register online at

cdpcc.org/events/coping_skills

Click or Scan to register



www.cdpcc.org

507 Thornhill Drive • Carol Stream, Illinois 60188 • 630.752.9750