Peer Support Groups: During Covid-19 Times

Monday – Friday
5 p.m. – 6 p.m.

Join URL: https://zoom.us/j/793852335
Meeting ID: 793-852-335
Groups led by Dr. Mary Chappell and Dr. Vanessa Torres Llenza

Goal and format of this group:
• observe reactions we may be having as a result of covid19
• share reactions with others
• make sense of reactions to minimize disruptive effects in the workplace
• start with reflection or educational material depending on requests
• open to discussion
• end with gratitude and/or short mindfulness

Maximum of 15 participants
• Mondays for Faculty members
• Tuesdays for Nursing staff
• Wednesdays for Residents
• Thursdays for Case management/Social Workers/ Administrative staff
• Fridays are Interdisciplinary (all welcome)

For questions, please email: vtorreslenza@mfa.gwu.edu