

## **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: [vtorresllenza@mfa.gwu.edu](mailto:vtorresllenza@mfa.gwu.edu)