



**Feeling stressed,  
overwhelmed or  
isolated because of  
the pandemic?**

**Join online interactive sessions to share, listen & learn.**

We will talk about concerns and losses.

Learn coping and wellness strategies.

Feel supported and less isolated.

**Wednesdays**

**7- 8 PM**

All sessions are free & open to  
Chester County residents (18+).

**A new topic each week -**

March 3 - Managing Stress & Anxiety

*Connect, share & find support managing emotions*

March 10 - Taking Care of You

*Develop practical self-care & wellness strategies*

March 17 - Healing Beyond Loss

*Discuss stages of grief, loss & healing*

March 24 - Moving Towards Hope

*Learn about developing resiliency & a  
growth mindset*

*\*These events are a support group format and are  
not intended to provide clinical support or  
professional therapy.*

Join any session through this  
universal link or call in.

Use link for all sessions



**ACCESS  
SERVICES**

Creating better ways to serve  
people with special needs



This project is supported by the Chester  
County Commissioners in partnership with  
Chester County MH/IDD and ChescoLife.