

ZOOM GROUP SCHEDULE

MONDAYS

11:00-12:00 PM

5 Minute Calm- This is a 30-minute skills based group that offers quick practices that help us go from stressed to calm. Some practices include- breathing exercises, grounding skills, mindfulness, short meditations, and so much more. Material changes from week to week. This group is not interactive, and will be recorded and made available for anyone who misses it to view later.

Facilitator- Krista Jarvis, LPC

Zoom Link- <https://zoom.us/meeting/register/vJwsdu-vpzMp0FrI2-uc8iZE-plnQP4I5w>

4:00-5:00 PM

Frontline Support Group- This is a 60-minute peer support group that allows participants who are actively working in the frontlines to share their experiences with others. Some helpful guidance and skills practice suggestions may be offered where relevant. Participants do not need to share in order to participate.

Facilitator- Eric Spiegel, MD

Zoom Link- <https://zoom.us/meeting/register/vJMtdOyupjiwi9up5HtBcVqWaa1C-eesLwA>

TUESDAYS

8:00-9:00 AM

Coffee and Questions: Ask the Expert- This is a 60-minute group where participants can submit questions to be answered by Psychiatrist Jessi Gold, MD. Participants may submit questions anonymously.

Facilitator- Jessi Gold, MD

Zoom Link- <https://zoom.us/meeting/register/tZYtc-yprigirApvA5gsH9R3Ffvr1knExw>

1:00-2:00 PM

General Support Group- This is a 60-minute peer support group that allows participants to share their experiences with others. Some helpful guidance and skills practice suggestions may be offered where relevant. Participants do not need to share in order to participate.

Facilitator- Emily Mukherji, MD

Zoom Link- <https://zoom.us/meeting/register/tJErcOCvqTgvGeZQPRTbVrUh33U-D7m9GA>

WEDNESDAYS

2:00-3:00 PM

Integrated Wellness- This is a 60-minute group that provides a variety of practices to engage our minds and bodies in experiences of greater wellbeing.

Facilitator- Tara Tinnin, MSW

Zoom Link- <https://zoom.us/meeting/register/vp0oduCtqT4iKjbrPGGWzFjLYc2wPIL0Q>

THURSDAYS

3:00-4:00 PM

Staying Connected: Navigating Close Relationships Through Tough Times- This is a 60-minute group that focuses on helping us to stay connected in positive ways to those we live with, especially our partners and kids.

Facilitator- Krista Jarvis, LPC

Zoom Link- <https://zoom.us/meeting/register/tJcof-2uqDovlt7dNx3XrRi7DFoH0bB8jA>

FRIDAYS

11:00-12:00 PM

Quarantine Support Group- This is a 60-minute peer support group that allows participants who are currently quarantined to share their experiences with others. Some helpful guidance and skills practice suggestions may be offered where relevant. Participants do not need to share in order to participate.

Facilitator- Krista Jarvis, LPC

Zoom Link- <https://zoom.us/meeting/register/vJAvdeChpjMs7PQ1E4ONyrGLzR28j1EmbQ>

12:00-1:00 PM

Inside Out: Creative Expression Despite Uncertainty- This is a 60-minute group that focuses on using a wide array of creative modalities for positive coping through trying times.

Facilitator- Michelle Horwitz, LMSW

Zoom Link- https://zoom.us/meeting/register/uJUuf--spj0jtPLOq1JaEZ_9pKnMUkatiQ

1:00-1:30 PM

Managing Worry- This is a 30-minute skills-focused group that puts into practice various techniques for addressing our greatest fears and worries. Content changes week to week.

Facilitator- Krista Jarvis, LPC

Zoom Link- https://zoom.us/meeting/register/tJAucentrz8t9n-n92yR0ECruqTJ7Js_ZQ