



All services are **FREE** and **CONFIDENTIAL**



COVID-19 Support Group

For anyone experiencing any stress during this time of COVID-19

Now Accepting Participants

Group starts **Oct 2020**



***Group will meet virtually



Building connections and resilience
in times of uncertainty.

Call or Text us TODAY!

211

Support Group topics may include:

- Understand stressors
- Coping strategies
- Strength in sharing
- COVID and grief
- Embrace humor



800-833-2900

text **HOPE** to **20121**



CONTRA COSTA
CRISIS CENTER