

"Helping the Helpers" COVID Frontline Support Group

Attention Physicians

You are invited to a weekly video conference support group.

Facilitators: Ellen Decker PsyD, LPC & Chris Famiglietti LCSW

Thursday, July 23, July 30, August 6, August 13
7:00 PM – 8:15 PM

To attend, we ask you to please register at this zoom link:

<https://us02web.zoom.us/j/88051518905?pwd=V3c1Rk1kUjdRSTMzdG44VVVlekV6QT09>

Meeting ID: 880 5151 8905 Password: 869500

Registration questions, contact Valerie Ferri at Vafferri@pmhcc.org

Goals:

- *To provide free emotional support, encouragement and compassionate self-care strategies to medical providers who are on the "front lines" of this unprecedented crisis.*
- *To be united in solidarity during this time of global crisis.*
- *Provide an opportunity for medical providers to explore and share feelings regarding the COVID-19 pandemic.*
- *Provide strategies that promote Self-Care.*
- *Cultivate a Supportive & Non-judgmental atmosphere.*

Note: *This is a **support group only** and is not intended to provide professional therapy.*

Supported by the following organizations:

- Chester County Medical Society ● Coalition for the CommonHealth
- Delaware County Critical Incident Stress Management ● Springfield Psychological
- Pennsylvania Psychiatric Leadership Council ● Philadelphia County Medical Society

*Program is made possible by a grant from **The Foundation for Delaware County***

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Attention: First Responders

You are invited to a weekly video conference support group.

Facilitators: Theresa Kelly, LCSW and Frank Hadden, LPC

Wednesday, July 22, July 29, August 5, August 12
7:00 PM – 8:15 PM

To attend, we ask you to please register at this zoom link:

<https://us02web.zoom.us/j/81800511076?pwd=OXB6MkU2ZURkbkVzc21rUTlpditkQT09>

Meeting ID: 818 0051 1076 Password: 122823

Registration questions, contact Valerie Ferri at Vafferri@pmhcc.org

Goals:

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Attention Nurses

You are invited to a weekly video conference support group.

Facilitators: Ellen Decker PsyD, LPC & Lavanya Devdas PhD

Wednesday, July 22, July 29, August 5, August 12
7:00 PM – 8: 15 PM

To attend, we ask you to please register at this zoom link:

https://us02web.zoom.us/meeting/register/tZ0sc-ihqzgoGdDLNzCUbHtwgKK5_5d50GAX After registering, you will receive a confirmation email containing information about joining the meeting.

Registration questions, contact Valerie Ferri at Vafferri@pmhcc.org

Goals:

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- *To be united in solidarity during this time of global crisis.*
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Attention: Long Term Care Staff

You are invited to a weekly video conference support group.

Facilitators: Karen Baack, LCSW and Jackie Salmon, LCSW

Wednesday, July 22, July 29, August 5, August 12

7:00 PM – 8: 15 PM

To attend, we ask you to please register at this zoom link:

<https://us02web.zoom.us/j/86546043008?pwd=UWluVm1rY2lJN3NDQ0wrUmVKaGlnDz09>

Meeting ID: 865 4604 3008 Password: 4Uwbbg

Registration questions, contact Valerie Ferri at Vafferri@pmhcc.org

Goals:

- *To provide free emotional support, encouragement and compassionate self-care strategies to medical providers who are on the “front lines” of this unprecedented crisis.*
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- *Provide an opportunity for medical providers to explore and share feelings regarding the COVID-19 pandemic.*
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