



Excellence in Employee Support Services

Assistance During the Coronavirus Pandemic Virtual Support Groups

During this unprecedented time, Carebridge continues to offer virtual support groups to assist employees with managing a variety of triggers for stress and for coping with grief and loss. Support groups offer opportunities to obtain credible information, learn strategies and share in the discussion.

Each group session will be 30 minutes and will be facilitated by a mental health, wellness and/or grief expert. Participation is confidential. You will have the ability to ask questions of the facilitator and to share experiences anonymously through a chat box to protect privacy. Advanced registration is encouraged but can also be done just prior to the start of the session. Upcoming sessions and the link to register are listed below. If you are not able to participate in a live group, you can still benefit by viewing a recorded presentation. To watch, visit CarebridgeConnects Resources located in the COVID-19 Resource Center at myliferesource.com.

Confidential individual counseling support is available 24/7 by calling 800.437.0911.

Schedule and Registration Links

Thur., August 6, 2020, 12 – 12:30 p.m. EST [Grief & Loss: Finding Your Way – You Are Not Alone](#)

Tue., August 11, 2020, 2 – 2:30 p.m. EST [Stress Relief: Parenting during the Pandemic](#)

Mon., August 17, 2020, 10 – 10:30 a.m. EST [Staying Motivated during COVID-19](#)

Thur., August 20, 2020, 10:30 – 11 a.m. EST [Mindfulness Listening Practice](#)

Wed., August 26, 2020, 10 – 10:30 a.m. EST [Stress Relief: Parenting during the Pandemic](#)

Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!

