Coping with COVID-19 –
A Virtual Outpatient Therapy Group
Offered by the Brattleboro Retreat’s Anna Marsh Clinic

Are you:
- Feeling cooped-up at home?
- Anxious for life to return to normal?
- Feeling less control in your life?
- Seeking a friend to talk to?
- Feeling generally overwhelmed?

Join Us for a weekly Zoom group to meet others and discuss coping with the COVID-19 pandemic.

Thursdays via Zoom
1:00 pm to 2:00 pm

For information and to register, email:
apeters@brattlebororetreat.org
sfields@brattlebororetreat.org

Mental Health Wellness
You are not alone.