

COVID-19 Group Therapy

NEW!

Let's Talk About Coping with COVID-19.

Reach for Resources is offering an opportunity for individuals with disabilities to participate in a therapist-led support groups to discuss the impact of the COVID-19 pandemic. Group discussions may include topics such as: the impact on relationships, physical/emotional health, support, housing, work/school, transportation and other related topics.

The purpose of these groups is to provide an opportunity for individuals to share feelings and struggles related to the impact of the COVID-19 pandemic, provide and receive support from peers, and discuss strategies for coping with ongoing emotions relating to these stressors. Thanks to a grant, these groups are provided free of charge.

In-Person Group

Date: Tuesdays, October 18 - November 8

Time: 3:00 p.m.

Length: 4 weeks*

Cost: Free

Location: Reach for Resources Office

**By registering, you are asked to attend all four sessions.*

Virtual Group

Date: Mondays, October 17 - November 7

Time: 10:30 a.m.

Length: 4 weeks

Cost: Free

Location: Virtual on Microsoft Teams

**By registering, you are asked to attend all four sessions.*

REGISTER

To register, email counseling@reachforresources.org
or call 952-737-2723.



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers four different service areas: Adaptive Recreation & Inclusion, Community Living Services, Case Management, Counseling and Mental Health Services. To learn more, visit: reachforresources.org.

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