



Feeling Anxious or Noticing Changes in Your Mood?

The COVID-19 outbreak can be very stressful. Fear and anxiety can be overwhelming and cause strong emotions. Things you were looking forward to may have been postponed or canceled, you may have fears and worry about your health and the health of others, you may have noticed changes in your sleep and eating patterns, difficulty concentrating, experiencing flareups of chronic health and mental health conditions, or you may be using unhealthy coping strategies such as increased consumption of alcohol or overeating.

Main Line Therapy Solutions is offering a Virtual Support Group For The Following Age Groups:

Mondays 12 to 1 p.m. Ages 18-23 (Jamie)

Tuesdays 6 to 7 p.m. Ages 23 and over (Laura)

Wednesdays 2 to 3 p.m. Ages 15-18 (Sam)

Cost: \$23 per session (prior registration required) with a min. of 3 session commitment to maintain group consistency.

Facilitators: Laura Sukonick, LCSW, Samantha Pich, LPC & Jamie Silvers, LCSW

For more information or to see profiles of clinicians:

www.Mainlinetherapysolutions.com

Register by calling Main Line Therapy Solutions
610-649-6344 or emailing:
admin@mainlinetherapysolutions.com

