



VIRTUAL SUPPORT FOR FRONT-LINE COVID-19 NURSES

**YOU'VE BEEN THERE FOR US.
LET US BE THERE FOR YOU.**

Facilitated by PFFPA's mental health professionals

Spend valuable time with other nurses, share stories, process feelings & get support. Gather tips for coping & self-care.

6/28: Fear & Anxiety

7/12: Anger & Frustration

7/19: Impact on the Family

7/26: Loss & Grief

8/2: Helpless & The Unknown

8/9: Burnout

8/16: Post-Traumatic Growth

8/23 Gratitude & Meaning

Cost: \$20 per group. Registration information: info@pfpaga.com

**Pick Your Group &
Drop-In**

**Sundays
8-9 p.m.**

**8 sessions
Starts June 28**

**Register 24 hours
prior & get Zoom link**

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