



## CIRCLE OF HOPE **ONLINE SUPPORT GROUP** VIA TELEHEALTH

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**DATE: EVERY MONDAY BEGINNING ON 8/31/20**

**TIME: 3:00 P.M. - 4:30 P.M.**

**LOCATION: SECURE AND PRIVATE APP (VIDEO-CALL)**

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Sacred Connections-Circle of Hope Division is looking to enhance their services to meet clients' mental health needs amid the current pandemic crisis. In an effort to meet those client needs, Circle of Hope is offering an online support group.

The Support Group will:

- Address anxiety, depressive or any stress-related symptoms experienced due to COVID-19
- Be held once a week for 3 months; will be an open-ended group
- Provide materials and a coping skills toolkit will be sent via postal mail to participants

Eligibility Criteria:

- Men and women
- 18-75 years old
- Must be a Tribal Member, Tribal Spouse or part of the family composition

**TO REGISTER, PLEASE CONTACT: VIRI SIGALA @ 915-860-6170**