



CONNECTING THROUGH COVID-19

VIRTUAL SUPPORT GROUP

Purpose

“Connecting Through COVID-19” is an online support group hosted by family therapy interns for college students struggling with the life changes and effects associated with the COVID-19 outbreak. In a time of uncertainty and isolation, connecting with others is essential. We want to help people find out how to adjust to the major change in structure of our daily lives. This will be a safe space for people who are struggling to lean on others and find a way to cope.

The first meeting will be held on April 22, 2020 at 11:30am. A zoom link will be provided via email.

Possible Topics

- Isolation
- Quarantine
- Life changes due to the virus
- Loneliness
- Living with parents as an adult
- Anxiety/Fear
- Grief
- Financial hardships
- Maintaining relationships
- Mindfulness

CONTACT INFO

Please email Juliana Massey at jamassey@valdosta.edu for more information