

Join us!

MPB Group: COVID-19 SUPPORT GROUPS

Group Topic	Group Facilitator	Day and Time of Group
Discerning if your anxiety about COVID is overly affecting your daily life	Jasmine: Group@mpbgroupinc.com	Saturday, 8/29, at 2:00 pm
How to help your family understand your anxiety about getting the COVID virus	Fatima and Kelsey Group@mpbgroupinc.com	Saturday, 9/5, at 12:00 pm
Mindfulness/Meditation Group	Alexandra and John Group@mpbgroupinc.com	Monday, 9/7, at 5:00 pm
Acknowledging people's celebrations and achievements despite the COVID restrictions	Trisha Group@mpbgroupinc.com	Tuesday, 9/15, at 6:00 pm
Helping parents/caregivers structure/schedule their children's day despite COVID restrictions	Alexis Group@mpbgroupinc.com	Monday, 9/21, at 4:00 pm
Discussing current racial tensions and how to address the topic	Tanisha Group@mpbgroupinc.com	Thursday, 10/1, at 5:00 pm
Dealing with the anxiety of whether someone is sick or has the COVID virus	Si Group@mpbgroupinc.com	Monday, 10/5, time TBD
Low cost activities to do despite COVID restrictions	Alexandra D. Group@mpbgroupinc.com	TBD
How to approach/cope with others that are not following COVID protocols	Danielle Group@mpbgroupinc.com	TBD
Helping at-risk people cope with	Kelsey	TBD

others' reactions to them	Group@mpbgroupinc.com	
Create your playlist as a way to cope (for adolescents)	Trish Group@mpbgroupinc.com	Tuesday, 11/3, at 6:00 pm
Support for the front line workers	Jennifer Group@mpbgroupinc.com	TBD