

COVID-19 COMMUNITY CARE PROGRAM

Have you or someone you know been impacted by the COVID-19 pandemic?

Grief Recovery Center (GRCBR) can help by offering the following free programs to members of our community.

Individual or Family Counseling and Support — Available Now

The COVID-19 pandemic has created fear and anxiety in the lives of many. Social distancing can make many feel isolated and lonely, increasing stress and anxiety. Work with an experienced therapist in an individual setting to learn how to cope with stress in a healthy way.

- Sessions may be virtual or face-to-face
- Free sessions for those with no insurance; no co-pays required

For information on individual and family counseling, call Debbie at (225) 924-6621 or email her at dbreaux@grcbr.org.

COVID-19 Support Groups (Virtual Support)

- **Living Through and Beyond COVID-19 (Adults)**
 - Wednesdays, Available October 14 @ 6:00 pm
 - Find information, support, encouragement, and hope with other adults
- **Mindful Parenting Through the Pandemic (Parents)**
 - Thursdays, Available October 29 @ 6:00 pm
 - Learn effective and mindful ways to help parent through the stress of maintaining multiple roles in a new environment
- **Surviving and Thriving (Teens and Adolescents)**
 - Wednesdays, Available November 11 @ 6:00 pm
 - A group designed to help teens and adolescents connect and build a safe community given social distancing guidelines
- **Finding Joy through COVID-19 (Children)**
 - Sundays, Available November 15 @ 2:00 pm
 - Helping children rediscover the joys of therapeutic play and friendship during the pandemic

For information on any of our groups, call Jennifer at (225) 924-6621 or email her at jtewell@grcbr.org.

