

Project Hope 2022 Virtual Support Groups

No RSVP Necessary (Click on title of group to follow the zoom link and attend)

For questions or difficulty accessing please email pmcgurgan@fsw.org or call 914-708-6104

<u>Parental Burnout During the Pandemic</u> Tuesdays 12:00pm-1:00pm Thursdays - 1:30pm-2:15pm	847 2920 4449	NYPHOPE
<u>Parental Burnout During the Pandemic</u> Mondays - 1:30pm-2:15pm	772 4241 2419	NYPHOPE
<u>Parenting Stress During the Pandemic- Bilingual (Spanish/English)</u> Tuesdays - 3:15pm-4:15pm	895 4217 5569	NYPHOPE
<u>Coping with Covid-Emotional Wellness Support Group for 11 & 12th graders</u> Mondays 3:30pm-4:15pm	712 3621 0573	NYPHOPE
<u>Coping with Covid-Emotional Wellness Support Group for 9-12th graders</u> Wednesdays - 3:30pm-4:30pm	713 6127 9909	NYPHOPE
<u>Coping with Covid-Emotional Wellness Support Group for 6-8th graders</u> Tuesdays - 4-5pm	867 9382 6025	NYPHOPE
<u>Coping with Covid-Emotional Wellness Support Group for 3rd-5th graders</u> Tuesdays - 3:30-4:30pm	921 8360 0512	NYPHOPE
<u>Coping with Covid-Emotional Wellness Support Group for 3rd-5th graders -Bilingual</u> Wednesdays - 4pm-4:45pm	857 4972 1598	NYPHOPE
<u>Quarantine Support-Emotional Wellbeing Support</u> Tuesdays - 1:30pm-2:15pm	751 3837 4719	NYPHOPE
<u>Grief & Loss during the Pandemic</u> Wednesdays -12pm-1pm	980 1505 4729	NYPHOPE

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<u>Healthy Coping during the Pandemic (Adults)</u> Thursdays- 12-1pm	934 4689 5065	NYPHOPE
<u>Healthy Coping during the Pandemic (Adults)</u> Saturdays- 1-2pm	942 6462 0422	NYPHOPE
<u>Coping with Fear & Anxiety during the Pandemic (Adults)</u> Tuesdays- 10am-11am Thursdays- 10am-11am	847 2920 4449	NYPHOPE