



## Cruz Clinic Virtual Support Group

*Helping Adults Deal with Stress  
During the COVID-19 Quarantine*

### **What:**

Supportive techniques helping those experiencing anxiety, depression, the need for emotional regulation, and developing healthy coping skills.

Adults are finding it hard to cope with the COVID-19 crisis.

They have lost jobs; kids must stay at home, financial crisis, isolation, and lack of relationships/companionships, and much more.

### **Who:**

Adults who are struggling with the COVID-19 pandemic.  
Male and Female

### **Goal:**

Help adults realize they are not alone and that they can benefit from support.

### **When:**

**Wednesday**

Starting Dec. 16<sup>th</sup>

5:00pm - 6:30pm

**Please contact Cruz Clinic to register**

**734-462-3210**

**Most Insurances Accepted**

**Cruz Clinic 17177 N. Laurel Park Dr. #131 Livonia, MI, 48152**