

Coping During COVID

Virtual Support Group



Feeling impacted by the pandemic?

- ~Disconnected
- ~Anxious
- ~Sleep issues
- ~Grieving
- ~Irritable
- ~Traumatized
- ~Stressed
- ~Confused
- ~COVID Fatigue
- ~Angry
- ~Depressed
- ~Indecisive
- ~Worried
- ~Afraid
- ~Frustrated
- ~Self-Medicating
- ~Avoiding
- ~Distracted

Join others at a **FREE** online group offered by CAPS

Contact Dr. Brian Freidenberg, Staff Psychologist

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