

# Coping During COVID

## Virtual Support Group

Feeling impacted by the pandemic?

~Isolation

~Plans Disrupted

~Stressed at Home

~Anxious, Irritable, Sad

~Worried about friends and family

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

Contact Dr. Brian Freidenberg, Staff Psychologist

**[bfreidenberg@albany.edu](mailto:bfreidenberg@albany.edu)**