



# Adult Support Group

*What is going to happen? When will I go back to work? How will I make it through this? Why is this so hard, confusing, and draining?*

You may have asked yourself these questions recently. The current public health crisis continues to test all of us, and all adults are facing a unique challenges at this time.

Managing daily responsibilities as an adult, monitoring and managing financial stress, dealing with the unknowns of your employment, your relationships, in addition to taking care of your mental wellness. - Tanager Place is here to help!

Join us for a free, virtual support group for Adults!

- Connect with other Adults looking for support
- Learn strategies to manage daily stress, coping with unknown, and managing grief related to COVID-19
- Improve your ability to balance work, personal life, and relationships
- Discuss your experiences and needs in a safe space

Tanager Place Virtual Support groups take the safety of all very seriously.

To ensure virtual support groups are a safe place, the following protocols will be followed:

1. Only the Tanager Place Host can control chat access
2. Only the Tanager Place Host can screen share
3. If necessary, the Tanager Place Host can control the mute function
4. The Tanager Place Host will remove an individual from the session for not following group norms.

**\*\*Virtual Support Groups are 100% voluntary, If at any time you are uncomfortable during a group session, you have the ability leave the session.\*\***

**Join us Tuesdays at 12:00 PM via Zoom .**

**All Adults are welcome to join.**

(Not required to be a Tanager Place client.)

**Groups Start Tue April 21**

**For information and link to join contact:**

**Joe Robinson at [jrobinson@tanagerplace.org](mailto:jrobinson@tanagerplace.org).**

