



**Integrated Family Services
PLLC**

**OPEN
TO THE
PUBLIC**

Join Us!

COVID-19 Support Groups

COVID-19 has disrupted our lives and many of us are experiencing increased anxiety, depression, family conflict and difficulty coping with these drastic changes. Join us for a support group based on your needs! Email us **TODAY** to sign up!

- ❖ *Parenting Strategies* (Adults) Tuesdays at 3pm
- ❖ *Teen Coping Skills* (Ages 13-17) Wednesdays at 4pm
- ❖ *Stress Management* (Adults) Thursdays at 4pm

Email us at IFSserves@integratedfamilyservices.net to sign up!

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All support groups held via Zoom Meeting application! (download on your mobile phone, tablet, or computer)