



Stress & Mood Management

Virtual Group Sessions!!

Until further notice, the Stress and Mood Management Group will be offered virtually. Join the group any time. No prior attendance is needed.

You can join by videoconference for the full experience, or by old-fashioned telephone. To join by videoconference, follow the Zoom link below on a computer or smart phone. If you use a smart phone, you will be asked to download the Zoom app (it is free). To join just by telephone, call 312-626-6799 and when the prompt asks for your meeting ID, enter: 216-216-2116 and then #. (If they ask for your participant ID, ignore it and hit # again.) The meetings will be facilitated by Stacy Simera.

Zoom link: <https://zoom.us/j/2162162116>

Dates and times for 2021:

(Check Facebook or the office to confirm when in-person sessions will resume. In-person sessions are held in the building's group room.)

January 7 – 2pm

January 21 – 2pm

February 4 – 2pm

February 18 – 2pm

March 4 – 2pm

March 18 – 2pm

April 8 – 2pm

April 22 – 2pm