



COPING WITH COVID

University of Missouri-St. Louis
**Community
Psychological Service**
Telehealth Group

**Weekly 50-minute Sessions | Tuesday 5pm or Thursday 9am
\$10 per session | Access via computer or phone
New Groups Starting Now!**

The COVID-19 pandemic has upended lives, bringing varied stressors including anxiety, social isolation, family conflict, and economic/job loss. This online teleconference therapy group will help you cope most effectively, by providing **cognitive-behavioral skills** and **avenues for meaningful action and connection**

Specific session topics include **Staying Active and Engaged, Staying Present and Centered, Challenging Unhelpful Thoughts, Practicing Compassion, and Building a Meaningful Future**

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members.

314.516.5771

umslcps@msx.umsl.edu

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