

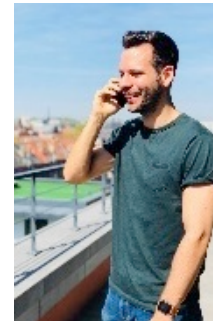
COVID-19 VETERAN SUPPORT GROUP:

TIME TO RELAX

AND REDUCE ANXIETY

A TELEPHONE SUPPORT GROUP

THURSDAYS AT 10AM WEEKLY



HOW DO I ATTEND A GROUP IF WE ARE BEING ENCOURAGED TO DO SOCIAL DISTANCING?

THIS IS A TELEPHONE GROUP, YOU WILL BE IN THE COMFORT OF YOUR OWN HOME. ALL YOU HAVE TO DO IS CALL **1-800-767-1750** AND ENTER PARTICIPANT CODE **57052** THURSDAYS AT 10AM.

WHY IS A GROUP LIKE THIS IMPORTANT AT THIS TIME?

AS WE ARE BEING ENCOURAGED TO KEEP OUR DISTANCE FROM ONE ANOTHER TO STAY SAFE, SOME OF US MAY BE FEELING ANXIOUS AND ISOLATED. THIS GROUP IS ALL ABOUT CONNECTING AND FOCUSING ON STAYING COOL, CALM, AND COLLECTED.

WILL YOU BE ANSWERING MEDICAL OR PHYSICAL HEALTH QUESTIONS?

NO, THIS IS NOT A NURSING OR MEDICAL GROUP. BUT WHILE WE ARE ON THE SUBJECT, DID YOU KNOW THAT STAYING CALM AND REDUCING STRESS HAS A PROFOUND IMPACT ON YOUR PHYSICAL HEALTH? THIS GROUP COULD HELP YOU STAY HEALTHY DURING THIS TIME OF STRESS.

WHAT IF I AM FEELING SICK, LIKE MAYBE I AM HAVING SYMPTOMS OF CORONAVIRUS? WHO SHOULD I CALL?

IF YOU THINK YOU ARE HAVING SYMPTOMS OF CORONAVIRUS, HERE ARE THE STEPS THE CDC IS RECOMMENDING:

- 1) IF YOU ARE MILDLY ILL STAY HOME EXCEPT TO GET MEDICAL CARE
- 2) CALL YOUR DOCTOR
- 3) IF IT IS AN EMERGENCY CALL 911 OR GO TO THE EMERGENCY ROOM

* THE CDC MAY CHANGE OR UPDATE THESE STEPS. PLEASE CHECK THEIR WEBSITE FOR THE MOST UP-TO-DATE GUIDELINES AT: [CDC.GOV](https://www.cdc.gov)

WHAT WILL WE BE DOING IN THE GROUP?

TRAINED MENTAL HEALTH PROFESSIONALS WILL LEAD GUIDED MEDITATION AND RELAXATION SESSIONS. WE WILL ALSO BE CHECKING IN WITH EVERYONE ON THEIR LEVEL OF STRESS AND PROVIDING HELPFUL COPING TOOLS. SCIENCE TELLS US THAT RELAXATION AND REDUCTION IN STRESS HELPS STRENGTHEN OUR IMMUNE SYSTEMS – THAT'S IMPORTANT RIGHT NOW!

HOW DO I JOIN?

SEND A SECURED MESSAGE TO DR. CLARA FAJARDO, PSYD or DR. KELLY CHU, PSYD

OR

CALL (908) 647-0180 EXTENSION 4171 or EXTENSION 3122

AND LEAVE A MESSAGE WITH YOUR LAST NAME AND LAST FOUR NUMBERS OF YOUR SOCIAL SECURITY NUMBER SO THE DOCTOR CAN LOCATE YOUR CHART. THEN CALL IN TO **1-800-767-1750** AND ENTER PARTICIPANT CODE **57052** THURSDAYS AT 10AM. IT'S THAT EASY!