

# **POPPA ALERT**



# **CORONA VIRUS**

**POPPA** has set up both educational and support groups for all UMOS utilizing the HIPAA-compliant version of



**zoom**

- ✓ **Utilizing ZOOM allows you the comfort of online or phone access in a setting of your choice**
- ✓ **A POPPA peer volunteer will facilitate the group and a POPPA clinician will answer questions and discuss self-care**
- ✓ **NO RECORDS. NO RECORDINGS.**

**This is your group!!! YOU and CONFIDENTIALITY are our #1 priority!**

**These are challenging times.  
Let's Talk about it.**

Monday 11am..... Support Group & COVID-19 Debriefing

Tuesday 10am..... Educational Presentation by a POPPA Psychologist. Topics will change each week *including Bereavement, Trauma, Stress, Sleep, etc.*

Wednesday 6pm..... Support Group & COVID-19 Debriefing

Thursday 11am..... Introduction to relaxation through Mindfulness Research Meditation

Thursday 7pm..... Support Group & COVID-19 Debriefing

**PLEASE CALL FOR FURTHER DETAILS AND TO RESERVE A ZOOM INVITE**

**212-298-9111 ext.204 • 347-297-0922 • 646-632-2450**