

# 6-8<sup>TH</sup> GRADE STUDENTS YOU'RE INVITED

**SUPPORT GROUP FOR ANXIETY AND STRESS  
MANAGEMENT DURING  
COVID-19 PANDEMIC**



Via  
Zoom

This virtual support group understands times have been challenging and has required a lot of adjustment. This group is a place for you to connect with other students regarding the stress and anxiety brought upon COVID-19 Pandemic. Group will meet once a week up to four sessions. Via Zoom:

**Meeting ID: 992 520 3247**

**Password: 1emd0t**

5/8/20 @ 11am

5/15/20 @ 11am

5/22/20 @ 11am

5/29/20 @ 11 am

