

Stronger Together: Resilience Strategies Learned from One Year of COVID-19

Virtual Interactive Support Group Series | All are welcome

[Register here](#)

All together now.

Join the Idaho Department of Health and Welfare COVID-19 Crisis Community Resource Specialists and Empower Idaho for an interactive support group series focused on building resilience, healing, community, and progress after a year of pandemic life. During this series, you will have the chance to: connect with fellow Idahoans; process one year of pandemic experience; gather ideas for building your own and other's resilience; exchange stories and have fun.

These groups will be held every other Tuesday at 12:30 PM (MST) and will range from 30 minutes to 60 minutes.

Upcoming Session: March 23rd | 12:30 - 1:00 PM (MST)

Objectives:

- Meet the support group facilitators
- Learn more about the goals of this series
- Share your thoughts and personal experiences

Series Schedule:

Every other Tuesday | 12:30 - 1:00 PM or 12:30 - 1:30 PM (MST)

March 23; April 6; April 20; May 4; May 18; June 1; June 15; June 29

BROUGHT TO YOU BY



HEALTHANDWELFARE.IDAHO.GOV/SERVICES-PROGRAMS/BEHAVIORAL-HEALTH



BROUGHT TO YOU BY



EMPOWERIDAHO.ORG