One Year Later: Support group series highlights resilience strategies learned from a year of COVID-19

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Author: DHW Communications

The Department of Health and Welfare, in conjunction with Empower Idaho, is pleased to announce a series of virtual, interactive support groups for all Idahoans interested in learning how to cope with the challenges and stress of a year of COVID-19.

“This is a chance for Idahoans to connect and maybe even make new friends while exchanging ideas and learning from each other after a year of COVID,” said Alacia Handy, who works for the Division of Behavioral Health and with the team who is coordinating the series. “We can learn from reflecting upon the experiences of the past year and hopefully gain strength from each other in this series.”

The participant-driven series will focus on building resilience, healing, community, and progress after a year of pandemic life. During this series, participants will have the chance to connect with fellow Idahoans; discuss and review a year of pandemic experience; gather ideas for building resilience; exchange stories, and have fun.

The group will meet every other Tuesday starting March 23 at 12:30 p.m. MDT (11:30 a.m. PDT) for up to an hour. Registration is required. The series will end on June 29.

The Idaho Department of Health and Welfare is dedicated to strengthening the health, safety, and independence of Idahoans. Learn more at healthandwelfare.idaho.gov.

Niki Forbing-Orr
Public Information Manager
Department of Health and Welfare
(208) 334-0668
Niki.Forbing-Orr@dhw.idaho.gov

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