

FREE WEEKLY SUPPORT GROUPS IN RESPONSE TO THE CONFLICT IN UKRAINE



Tuesdays at 4:00 pm and Wednesdays at 11:30 am on Zoom

The violent and harrowing conflict between Russia and Ukraine has affected all of us, especially those with ties to these countries. To help people cope with and process these difficult times, **The Jewish Board**, a major provider of mental health services across New York City, is offering two virtual weekly support groups.

These groups are led by licensed mental health providers, available to all community members of any cultural background or religion, and free of charge. Topics will include:

- **Isolation:** Support for those cut off from friends and family in or from Ukraine.
- **Parenting Stress/Anxiety:** Support for parents who are explaining the conflict to their children and how to manage stress as a parent.
- **Loss:** Support for individuals who are experiencing the loss of their hometowns and other communities that they connect with.
- **Self-Care:** Support for anyone who is helping others as they navigate their grief and are experiencing trauma, stress, burnout, anxiety, or insomnia.

How to Join

Tuesday Session at 4:00 pm

Visit jewishboard.org/uatuesday

Meeting ID: 910 2352 4982

Passcode: 301637



Wednesday Session at 11:30 am

Visit jewishboard.org/uawednesday

Meeting ID: 997 3233 2964

Passcode: 843707

