

ONLINE SUPPORT GROUP FOR NURSING STUDENTS & OTHER HEALTHCARE WORKERS

Palomar College's Student Health Services is offering an online support group for nursing and healthcare students. While most clinical field trainings have now been postponed, they will eventually resume and COVID-19 will continue to impact our work as front line workers. Also, currently, many students continue to work in jobs serving people with healthcare needs.

- Find a safe place to share your experiences and receive support from peers and colleagues
- Learn practical tools for coping with the unique stressors from COVID-19 pandemic
- Facilitated by health care professionals with many years of hands-on experience
- This is not a therapy group, but we will provide additional support resources for participants as needs arise

DATE: Tuesdays - Starting May 19, 2020

TIME: 1:30pm

WHERE: Online Palomar ConferZoom (secure) meeting room - by invitation only

FREQUENCY: Once a week for 6 sessions

FACILITATORS: David A. Young, PhD, MPH and Sarah Adams, RN, MSN, FNP-BC

HOW TO ENROLL: Please contact Palomar College Behavioral Health Counseling Services by calling **(760) 891-7531**