



STRONGER TOGETHER

ONLINE SUPPORT GROUPS

FIRST RESPONDERS

ESSENTIAL EMPLOYEES

GROUPS BEGIN APRIL 8TH

Whether you are working in healthcare, as a first responder, or providing an essential service in other businesses, the Covid-19 crisis is unique, extreme and risky.

In honor of your courageous and generous work, Ravenwood Health is offering free, weekly online support groups exclusively for those on the frontlines. These groups are led by licensed mental health providers.

For questions, please email:
wolfel@ravenwoodhealth.org



First Responders Support Group

Wednesday's 7:00-8:00PM

Friday's 10:00-11:00AM

Meeting ID: 474 703 533

Password: 028598

<https://us04web.zoom.us/j/474703533>

By Phone:

1-929-205-6099, Meeting ID 474703533#

Essential Employees Support Group

Tuesday's 1:30pm-2:30PM

Wednesday's 3:00-4:00PM

Meeting ID: 382 736 506

Password: 011863

<https://us04web.zoom.us/j/382736506>

By Phone:

1-929-205-6099, Meeting ID: 382736506#
