



Virtual Therapy Group: “Coping in Pandemic”

4- week session beginning

Wednesday November 18th 5:30pm-7pm

(11/18, 12/2, 12/9, 12/16)

Since the COVID-19 pandemic, do you struggle with...

- Initiating work & transitioning between tasks
- Planning or organizing
- Managing time
- Sustaining attention
- Meeting your own expectations of your productivity
- Coping with associated distress/frustration/anger/sadness?

If so, join our group to strengthen your coping skills! Please email us at meltzercenter@gwu.edu or call 202-994-9072.

\$25 for all 4-weeks