

QCIPN Mental Health Wellness Group

~ LET US HELP YOU STRESS LESS IN THIS COVID-19 MESS ~

- Are you struggling to manage your anxieties during our current pandemic?
- Is it difficult to sleep well, stay healthy, and/or relax your mind?
- Are you feeling lonely, isolated, or bored?

We are the social workers connecting with you and your family to manage life's challenges - and - help you get happy and healthy.

Join us for a series of educational discussions to guide you through these challenging times.



STARTS WEDNESDAY APRIL 8!

WEDNESDAYS (12-1PM)

General Group Sessions

MONDAYS (5-6PM)

Focused Topics

- (4-13-20) Relaxation
- (4-20-20) Social Distancing Done Right
- (4-27-20) Healthy Lifestyles
- (5-04-20) Mindfulness
- Additional Sessions (TBD)

- Click Link: <https://zoom.us/j/371042888>
- Call: 669-900-6833
- Enter Meeting ID: 371-042-888

*It's Free and Easy to Join.
Participate in the Discussion or Just Listen In. It's Up to You!*



**QUEEN'S CLINICALLY INTEGRATED
PHYSICIAN NETWORK**

QCIPN MAIN #: 808-691-7735 (for providers & patients)

[CLICK HERE TO DOWNLOAD FLYER](#)