



# VIRGINIA OAK

COUNSELING

NAVIGATING THE SEASONS OF LIFE

## Women's Stress and Coping Virtual Support Group

### **Thursdays throughout the Winter**

1/13, 1/20, 1/27, 2/3, 2/10, & 2/17

8-9pm

BCBS, Anthem, United insurance accepted

Virtual link provided before sessions begin.



Have you been struggling to cope with stress lately? Has the pandemic put you over the edge in dealing with school disruptions, work from home challenges, employment loss, financial stress, loneliness or isolation? Have you been coping in maladaptive ways? If so, you're not alone. In this group, which is just for women (of all ages), we will discuss different types of stress; learn new, positive coping techniques; learn how to change negative thinking patterns into more positive ones; and talk about ways to get more support from family, friends, health professionals and community resources.

Registration and more information: [contact@vaoakcounseling.com](mailto:contact@vaoakcounseling.com)

SPACE IS LIMITED, SIGN UP NOW

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