



Changing Directions.
Changing Lives.

CHRIS 180 is proud to offer *free* support group services to members of our community beginning the week of 5/11/2020!

Participants can access the Zoom link by clicking below or visiting our website www.chris180.org at the start time of group!

Please note participation is capped at 15 participants per group

General Support Group

This pandemic has led to all of us having thoughts and questions around our life, livelihoods, family structure, and plans for the future. The uncertainty surrounding our current crisis is daunting, and sometimes it feels as if we're more isolated than ever. Therapists at CHRIS 180 know firsthand how many people are struggling with similar challenges, and we want to offer a safe space for people to come together, feel heard, and obtain support from others experiencing the same thing. Join us on **Fridays at 2pm** for a free virtual support group hosted by a licensed Therapist. We look forward to "seeing" you there!

Join: <https://zoom.us/j/99821504944>

High School Student Chat Group

This is really unfair! We are supposed to be winding down, planning for our summers, and looking forward to things like Prom and end-of-the-year parties. If you're a Senior, you may be feeling like you're especially missing out on milestones in your life. We're hear to tell you, you're right and you're valid! Therapists at CHRIS 180 have been supporting teens through challenges for over 39 years, and the crisis surrounding COVID-19 is no different. We hope you will join us for a free virtual teen support group on **Wednesdays at 2pm** so that we can help the youth of our communities feel supported by one another.

Join: <https://zoom.us/j/99596325072>

College Student Chat Group

College is supposed to be the best time of my life, they said. You'll have so much freedom, they said. You'll be able to meet and connect with friends, hang out in coffee shops, and host study groups at the dorm, they said. We're all adjusting to the reality that COVID-19 had other plans for the beginning of 2020, but we also know that we will get through this. Therapists at CHRIS 180 have been supporting young adults through life's challenges for over 39 years, and this pandemic is no different. We hope you will join us for a free virtual support group on **Thursdays at 11am** so that we can help you adjust, learn some coping strategies, and connect with other young adults who are experiencing the same thoughts, feelings, and fears.

Join: <https://zoom.us/j/93757927611>

Caregiver Support Group

Taking care of children has never been easy, and the current state of affairs certainly hasn't helped! Now that caregivers are also adding "homeschool teacher" and "24/7 entertainer" to the list of their standard roles, we know our families are struggling. It's completely understandable why so many caregivers are having a difficult time adjusting to this new normal. Join a group of other caretakers and licensed Therapists to discuss tips for survival, strategies for keeping your kids on a schedule, and gain some general support from people going through the same thing. We hope you will join us on **Wednesdays at 3pm!**

Join: <https://zoom.us/j/94254545973>