



# COVID-19 Support Class

## **ARE YOU EXPERIENCING CHALLENGES WITH STRESS DURING THE COVID-19 PANDEMIC?**

### **YOU ARE NOT ALONE!**

The outbreak of COVID 19 is stressful and overwhelming. While we all respond differently, many are experiencing mental and emotional impacts such as worry, hopelessness, sleep disturbance, concentration challenges, low energy, increased use of substances, etc. Current mental health conditions may be exacerbated.

Join us to get information and support for current challenges and be empowered to minimize long term impacts! The class will include topics such as resiliency, trauma psychoeducation, self-care, distress tolerance, and personal empowerment.

This class will be 6 sessions held on Wednesday's from 1pm-2pm via telehealth. Cost is \$10 per class/\$60 total. To get started, go to [whwpdx.com/classes-and-groups](https://whwpdx.com/classes-and-groups) and register if you are interested. Our instructor will call you for a brief orientation prior to signing you up for the class.

**No one will be turned away due to financial consideration and scholarships are available.**

If you are interested in hosting a COVID-19 Support Class within your organization, please contact [bennett@whwpdx.com](mailto:bennett@whwpdx.com) or 503-729-1380 ext. 102.

Wednesdays | 1pm-2pm  
Telehealth | Enrollment Open

Instructor: Joy Oelfke, LPC  
Cost: \$10 per class/\$60 Total