

# Professional Caregiver Virtual Support Group

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## Emotional Support and Coping with Cumulative Loss for Professional Caregivers

The unprecedented public health crisis brought on by COVID-19 is impacting every aspect of daily life, but the emotional and physical toll on healthcare professionals in particular is daunting.

Please join HopeHealth support group facilitators and your peers in the healthcare work force as we gather to provide comfort, emotional support, and resources that will help you to cope with the ongoing stressors and cumulative losses you are experiencing during this difficult time. Taking time to turn your caregiving inward while providing care for others helps create balance of mind, body, and spirit when it is needed most.

**When:** These virtual drop-in sessions take place every week on:

Mondays – 8:00 a.m.

Wednesdays – 8:00 p.m.

### Please join sessions at:

<https://HopeHealthCo.zoom.us/j/9132167404>

Meeting ID: 913 216 7404

### For more information

please contact Marsha Ireland,  
Community Services Coordinator,  
at (401) 365-8783.

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**HopeHealth**  
Hospice & Palliative Care

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