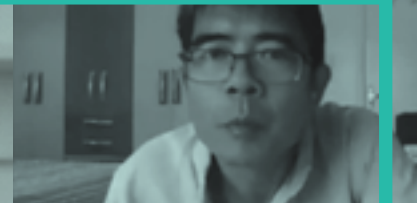
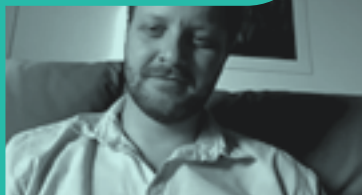


## COVID-19 SURVIVORS SUPPORT GROUP



Sharing one's experience in recovery from COVID-19 in a safe environment itself can be restorative.

— Drew Abbott, COVID-19 Survivor



### RESEARCH —

Preliminary research suggests that those that have had COVID-19 are frequently left with post illness stress, spiritual and existential questions, and emotional distress. Christ Church Cathedral is addressing this need through a COVID-19 Survivors Support Group.

### BENEFITS —

Benefits of a support group include feeling less lonely, isolated or judged; reducing distress, anxiety and fatigue; and gaining a sense of empowerment and hope.

### FACILITATORS —

Mary McGrath, LISW-S, a licensed mental health professional with over thirty years of experience, facilitates the meetings. Additional support is provided by the Rev. Karen Montagno, the cathedral's canon missionary.

### JOIN —

Contact Crystal Jones at **513.621.1817** or **cjones@cccath.org** to join the support group. Currently, the meetings are virtual, conducted online via Zoom. When safe to do so, in-person meetings will be held at Christ Church Cathedral, Fourth & Sycamore Streets, downtown Cincinnati.



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