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 missioner.

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.