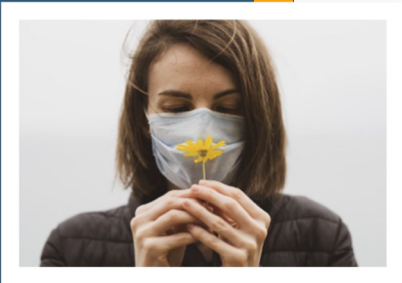




California
HOPE

CalHOPE offers crisis counseling after a federal declaration of emergency. It offers resources and information to help people find their way during these difficult times. Do you need a safe place to discuss the challenges you have experienced during the pandemic? These support groups are held every week via Zoom. Use the Zoom link or call-in toll free at 888-475-4499 or 877-853-5257.



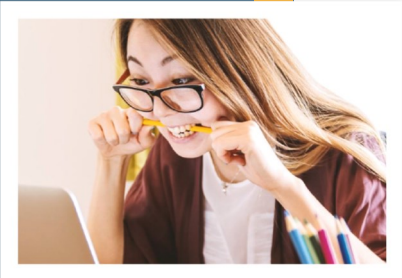
STAYING WELL DURING COVID-19: A GROUP DISCUSSION

Tuesdays | 1:00 PM – 2:00 PM PST (group ends January 25, 2022)

ZOOM MEETING LINK: <https://bit.ly/338AkbA>

Meeting ID: 955 4071 5770 | Passcode: 203115

Come join us in our safe space for a discussion of what wellness means to you and how you're staying afloat. Learn from others and our facilitators, and take away new ideas, support and connections.



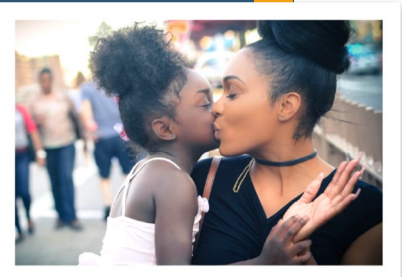
PREVENTING COLLEGE BURNOUT

Wednesdays | 2:00 PM – 3:00 PM PST (group ends January 26, 2022)

ZOOM MEETING LINK: <https://bit.ly/3dsQbHl>

Meeting ID: 832 1464 9160 | Passcode: 286602

Come join us in a relaxing, social, and fun zoom support group as a break from your classes. You'll learn new coping mechanisms, have check-ins, discuss ways to manage stress, academics, and have an open discussion!



PARENTING IN A PANDEMIC

Wednesdays | 10:00 AM – 11:00 AM PST (group ends January 26, 2022)

ZOOM MEETING LINK: <https://bit.ly/3sZ54pR>

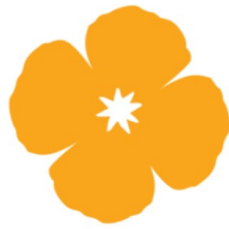
Meeting ID: 962 4010 3826 | Passcode: 177541

The Parenting in a Pandemic Support Group is a safe space to talk about the challenges you've faced as a parent during the pandemic. We will talk about shared challenges facing us as parents, things that have helped us get through, and talk about ways to thrive as parents and as individuals. Come as you are, whether to just listen or share! All parents of all genders and sexuality welcome.

Questions?
Contact us at
(916) 288-8535

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LGBTQ+ ONELOVE SUPPORT CIRCLE

Wednesdays | 4:00 PM – 5:00 PM PST (group ends January 26, 2022)
ZOOM MEETING LINK: <https://bit.ly/3y8nJTW>
Meeting ID: 916 6142 9017 | Passcode: 212491

Come join us for some LGBTQ+ community sharing by zooming into our virtual support circle! Learn, connect, and discuss in a safe space about the impact of social changes and coping mechanisms happening during Covid-19.

ART HAVEN SUPPORT GROUP

Tuesdays | (groups end January 26, 2022)
11:00 AM – 12:00 PM PST | ZOOM LINK: <https://bit.ly/3tMRshT>
Meeting ID: 950 3543 0363 | Passcode: 193790
6:00 PM – 7:00 PM PST | ZOOM LINK: <https://bit.ly/3fe6qs5>
Meeting ID: 947 1336 7278 | Passcode: 352354

The Art Haven Support Group is a safe place to create art as a way to express and process feelings. Come as you are! There is no pressure to share your art or speak. You are welcome to bring your own projects too! Come create and be renewed with us!



AFRICAN AMERICAN HEALING CIRCLE

Fridays | 1:00 PM – 2:00 PM PST (group ends January 28, 2022)
ZOOM MEETING LINK: <http://bit.ly/3IAUDXZ>
Meeting ID: 891 0543 8828 | Passcode: 948177

Self-care for positive outcomes. No need to put on airs. Come talk, relax, and get tips to take care of yourself. For us, by us.



LIVING WITH DISABILITIES DURING COVID-19

Tuesdays | 12:30 PM – 1:30 PM PST (group ends January 25, 2022)
ZOOM MEETING LINK: <https://bit.ly/3tMHK0t>
Meeting ID: 810 1114 4937 | Passcode: 853600

A safe place to share your experiences and resources with others living with disabilities. Family, friends, and caregivers are invited to join the conversation.



Questions?
Contact us at
(916) 288-8535

