

## **COVID-19 Support Group**

***Every Wednesday at 12 PM beginning on January 6, 2021  
77 South Main Street, New City, NY 10956***

Is the COVID-19 pandemic affecting your well-being? Would you like to talk with others about your experiences navigating the pandemic?

If so, come join us at the ***COVID-19 Support Group at VCS.***

COVID-19 has affected people in many different ways. Some of us are grieving, some of us are worried about our finances as well as the health of ourselves and our loved ones, and some of us feel isolated due to a lack of socialization. Others may feel especially stressed during this time and could be struggling with things like anxiety and depression. The support group, which is for adults ***60 years and older*** will give you the opportunity to express any thoughts and feelings you may have about the pandemic.

There is ***no cost*** to attend the COVID-19 support group. The group is being funded by the Rockland County Office for the Aging.

We are following all state mandated safety protocols in order to keep our staff and clients safe amid the COVID-19 pandemic.

If you would like to sign up for the support group or if you have any questions please contact ***Ileana LaGrutta*** at ***631-533-6338*** or ***ilagrutta@vcs-inc.org*** or ***Snathalia Supreme*** at ***845-243-0345*** or ***ssupreme@vcs-inc.org***

