



# Online Talking Circle of Support

For Ages 18+

Starting May 15th

**Fridays 11:00 - 12:00**

## Purpose

- Help ease isolation, fears, and stress during COVID-19 social distancing

## Goals

- Connect with others and share experiences
- Find comfort and a sense of belonging with others in similar situations
- Learn tips and strategies to help balance yourself

This online talking circle can help support community members age 18+ during these times, allowing for a chance to listen, have a voice, and be part of a healing circle of support.

If you're interested in joining us, or to get more information give us a call.

**Rebekah Becker: (707) 825-4016**

## Format

- Online via Zoom or telephone

