

BE KIND TO YOUR MIND

Support groups for Michigan Frontline Workers

Register now for March 4, 11, 18, 25 4 p.m.

STAY WELL
Michigan.gov/StayWell

COVID-19 frontline workers: could you use some emotional support? How about decompressing with others who understand what you're dealing with? Visit <https://bit.ly/3hd4u3y> to register for a virtual support group specifically for health care workers, first responders and other frontline workers, hosted by our Stay Well counseling team.

Hurry! Maximum of 30 participants per session.