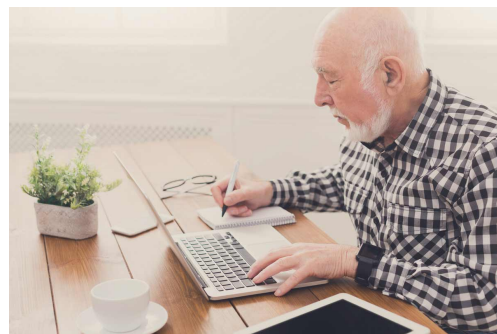


## Virtual Older Adult Therapeutic Discussion Group

During these uncertain times, many of us are dealing with feelings of anxiety, uncertainty, and isolation.

MUSC Elder Abuse Training and Treatment Program invites you to join an open therapeutic discussion group tailored specifically for older adults. This virtual group will allow you to connect with people in your community and find ways to be supported while maintaining social distancing. This group is facilitated by a licensed mental health provider and is intended to be supportive in nature.



### Join the group via the internet:

[Therapeutic Discussion Group link](#)

Meeting number: 617 460 871 Password: rRbDhPdA636

### Join the group via telephone:

+1-415-655-0002 US Toll Access code: 617 460 871

### Potential Topics to be covered:

- Strategies for combatting isolation
- Stress management
- Questions, concerns, or misunderstandings about Covid-19
- Ways to stay active while social distancing
- Education about reactions to stress and trauma
- General opportunities for support and community

**Every Tuesday from 2:00-3:00**