The COVID-19 pandemic has upended lives, bringing varied stressors including anxiety, social isolation, family conflict, and economic/job loss. This online teleconference therapy group will help you cope most effectively, by providing cognitive-behavioral skills and avenues for meaningful action and connection.

Specific session topics include Staying Active and Engaged, Staying Present and Centered, Challenging Unhelpful Thoughts, Practicing Compassion, and Building a Meaningful Future.

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members.

Weekly 50-minute Sessions | Tuesday 5pm or Thursday 9am
$10 per session | Access via computer or phone
New Groups Starting Now!