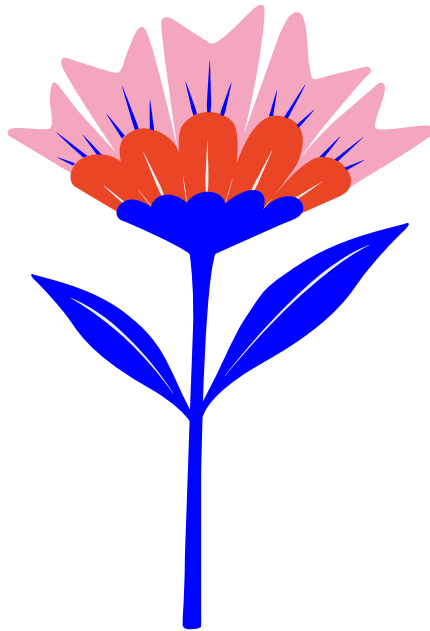


# **ONLINE SUPPORT GROUP FOR CHALLENGING TIMES**

**Managing stress and concern  
during COVID-19**

**MONDAYS  
10-11:30AM  
Older Adults**



**WEDNESDAYS  
10-11:30AM  
Caregivers**

**MARCHICK COUNSELING  
& CONSULTING**

**marchickdaniella@gmail.com  
www.marchickcounseling.com  
503-683-3179**

**Contact to confirm your spot!  
\$25 per session or sliding scale options.  
Individual therapy also available.**