



Pandemic Support Group for Mass General Brigham Employees

Group Description:

Living through a global pandemic the past two years has been challenging for many reasons. With so much out of our control, it can be difficult to cope with stress and maintain a regular self-care schedule. This 6-week support group is an opportunity for it's for all Mass General Brigham employees – at the entities and at the enterprise-level to connect with other individuals looking for support around pandemic-related stressors and boost their coping skills.

About the Group:

- The group will meet virtually, one hour a week for six weeks. Group will be held on Wednesdays from 12-1PM.
- The expected start date is May 4th, 2022 **subject to change depending on the rate of recruitment
- Each session will be split in two. One half will be focused on a weekly topic and the other half will consist of open discussion
- Participants are asked to commit to attending all six weekly sessions, to the best of their ability, to build consistency and camaraderie. If two consecutive missed groups occur, without notice, you will be asked to re-enroll in a future iteration of group.
- To enroll email mentalhealthmatters@partners.org

Group Facilitators:

Danielle Bergeron, LICSW and Dr. Paige Hildreth, PhD
Mass General Brigham Integrated Care

Group Themes:

Session 1: Anxiety & Stress Management

Session 2: Mindfulness

Session 3: Movement, Activity and Exercise

Session 4: Improve Your Sleep

Session 5: Time Management, Goal Setting, and Values

Session 6: Relationships and Communication