

COVID-19 Support Groups

Family Home Health & Hospice is hosting FREE ONLINE support groups for ANY employee of Alden. We realize the emotional toll this pandemic has taken on many and would like to offer this outlet.

There will be two times offered per week to make available for AMs, PMs, and Overnight staff. Staff can join in one or both, depending on schedule and need – you can utilize these services when NOT on shift.

From: The Support Group Leader is David Hanson, M.A., Counseling Services

To: Any Alden Employee

When: Tuesdays at 10AM, Thursdays at 4PM

Start date: Tues., 6/2

Where: Online Go-To Meeting Forum

Please join my meeting from your computer, tablet or smartphone.

<https://www.gotomeet.me/FHHN/familysupportgroup>

You can also dial in using your phone.

United States: [+1 \(571\) 317-3122](tel:+15713173122)

Access Code: 458-577-317

Join from a video-conferencing room or system.

Dial in or type: 67.217.95.2 or inroomlink.goto.com

Meeting ID: 458 577 317

Or dial directly: [458577317](tel:458577317)@67.217.95.2 or 67.217.95.2##458577317

If you are looking for more support, please contact the mental health services department covered by your insurance. Alden's healthcare insurance, United Healthcare, is waiving their co-pay for mental health services through June 18th.

