## RESTAURANT SUPPORT GROUPS

## BUILDINGHOPE SUMMIT COUNTY





## **Details**

Please join me for the next three Employee Support Groups via Zoom to discuss the challenges related to this type of work and share tips and tricks on how to manage stress and anxiety.

- Tuesday, July 28th at 12:00pm
- Wednesday, August 5th at 12:00pm
- Tuesday, August 11th at 12:00pm

## **Zoom Information**

Meeting ID: 846 2737 0512

Password: 5GhuuR

Please reach out if you need anything at all.

All the best,

Ciara McCoy, MA, NCC, LPC (970) 368-2428 McCoyCounselingLLC@gmail.com

