

# RESTAURANT SUPPORT GROUPS

BUILDINGHOPE  
SUMMIT COUNTY



## Details

Please join me for the next three Managerial Staff 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 11:00am**
- **Wednesday, August 5th at 11:00am**
- **Tuesday, August 11th at 11:00am**

## Zoom Information

- **Meeting ID: 812 6084 3980**
- **Password: 6Kt2Bq**

Please reach out if you need anything at all.

All the best,

**Ciara McCoy, MA, NCC, LPC**  
**(970) 368-2428**

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