

COVID-19 MENTAL HEALTH SERVICES RESPONSE



Trauma Skills Group for Healthcare Workers

Educational group for individuals that have experienced trauma related to the COVID-19 pandemic.

- This group will focus on learning practical, effective skills to manage symptoms and decrease distress.
- Open to all healthcare workers including providers, nurses, medical staff, environmental services staff, nutrition services staff, PSCs and more from any healthcare organization.
- Group will meet once per week for one hour. May be in-person or held virtually, dependent on COVID-19 safety considerations.

Facilitated by Dr. Scott Eilers. Interested individuals can call (319) 398-6575.

