



AYUDACOUNSELLING.COM

YOMA CONNECT - SUPPORT GROUP

Yoma Cares About You

TOGETHER, never-ALONE



WHAT IS THE 'YOMA CONNECT – SUPPORT GROUP'?

To provide support for staff affected by anxiety and depression as a result of Covid-19.

- A **weekly confidential web-based** gathering for men and women to share experiences, strength and hope with each other.
- The aim is to help **support** individuals and their families affected by mental distress and addictions.
- **Each session is 90 minutes** and will accommodate only a **maximum of 10 people**.
- The session is facilitated by a **mental health professional**.
- There are **no fees** and all participants must complete and sign a **confidentiality agreement** and an **etiquette form**.
- The sessions will be conducted in **English**. Please let us know if you require a **translator**.

WHAT CAN I EXPECT?

- Welcome and introduction
- Guest speakers and activities
- Group sharing (*You can share as much as you are comfortable with*)

Disclaimer:

Note that these sessions DO NOT replace psychotherapy or medical treatment, and participants must not be intoxicated when they join the group session.

**CONTACT DR. ANILA PAUL
EMAIL: ANILAPAUL@ICLOUD.COM
OR WHATSAPP +959263024345**