

Experiencing Stress/Anxiety from COVID-19?

Tillamook Family Counseling Center Offers Free Virtual Support Group



You don't have to go it alone

Tillamook Family Counseling Center is offering a weekly Support Group for those in the community who are being impacted by the Coronavirus pandemic.

Support groups can provide:

- Opportunity to relate personal experiences and struggles;
- Share and learn coping strategies;
- Manage stress and anxiety.

Group is co-led by two licensed behavioral health clinicians, using Zoom, a telehealth/virtual service format.

Meet weekly on Thursdays from 1-2pm.

REGISTRATION REQUIRED: Call TFCC at 503-842-8201 or 1-800-962-2851 to register and for more information.

Limited to 20 participants each week.

This service is being provided at no charge.