

COPING WITH COVID-19

MOORPARK COLLEGE STUDENT HEALTH CENTER

**Join our group for support in dealing with these
unprecedented times.**

We have all experienced great change during this time, and understand that everyone is dealing with uncertainty.

We look forward to hearing your stories and offering support as we all adjust to our "new normal."

Date & Time TBD

Led by Elmer Guardado, Psy.D. & Rachelle Goetz, AMFT
Supervised by Shawn Silverstein, Ph.D. PSY26562

Make your mental health a priority.
All meetings will be held virtually, via Zoom.

Please call MC SHC (805) 378-1413 to schedule a group screening today. Please e-mail ssilverstein@vccd.edu for more information regarding this group.

