

Community Virtual Social Groups

We are pleased to share PMHCA and Youth MOVE PA understand the toll social isolation can take on our mental health. Connecting online can be a good way to alleviate this issue. They will be hosting a series of “Virtual Drop-In” zoom meetings to help reduce the sense of social isolation we can experience during this difficult time. These are NOT clinical or therapeutic groups.

THE ADULT VIRTUAL DROP IN



This is a topic-driven, social gathering hour that is scheduled twice a week. While we are all house bound during this health crisis, let's take some time for some good old socialization and conversation. We would love to discuss many different topics such as our “favorite things” and our “go to coping skills” with whoever wants to join us. **One topic that is off limits is the COVID-19 virus!**

Meetings will take place using Zoom on Tuesday and Thursday from 1 pm to 2 pm. Meetings will be moderated by Kathy Quick, Jason Rilogio, and Samantha Harkins. Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>

YOUTH VIRTUAL DROP IN



Youth MOVE PA is excited to host a “Youth Virtual Drop-In” that is all about getting some social interaction, even if we can't go out and do our normal things like school, sports, going to the game store, or hanging with our friends. We know how stressful it can be when our routine is messed up and it is just as frustrating when everyone is talking about Coronavirus as if there might be impending doom!!

We would like to help you feel better about the outside world and the stress it may bring by meeting new people who join this group. We will be talking about ourselves, what we like, and be discussing a specific topic with each other during each meeting. This gives us some distraction from the anxiety that can arise from being stuck inside all the time.

The meetings will be hosted every Monday and Friday from 1pm to 2pm on Zoom. Meetings will be moderated by Zack Karenchak, Tristan Schnoke and Aaron Zimmerman. Meeting ID: 410-999-098, Meeting Link: <https://zoom.us/j/410999098>

For individual mental health advocacy and support, contact our adult Peer Advocate, Sue Tushingham, at stushingham@mhalancster.org; contact our Child & Family Advocate, Gretchen Gaudio, at gretchen@mhalancaster.org. Both can be reached M-F 9 am to 4 pm at 717-397-7461. [CLICK TO SEE A LIST OF MENTAL HEALTH SUPPORT GROUPS.](#)