

# Reflect & Connect Cafe

## Summit County Support Groups

### Finding Help, Support and Connection During Uncertain and Challenging Times

Support groups led by local Summit County therapists

As Summit County begins to re-open it is not uncommon to be confronted by a range of emotions. Whether excitement or anxiety, or some of both just know that dealing with new feelings is completely natural in these uncertain times. In order to offer our community some extra support, Building Hope has partnered with local behavioral health providers to offer virtual gathering places for locals. Organized around natural peer groups and cohorts, these groups provide a safe and supportive space to discuss whatever you may be going through.

Led by licensed mental health professionals, our groups will provide you the opportunity to come together to connect with the community, share how you are doing, and gain tips and skills to thrive in these challenging times.

Time: Meetings timing unique to group and facilitator

Location: Zoom Meeting

Link to be provided by facilitating therapist after registration completed.

Please reach out to Kellyn Glynn at [kellyn@buildinghopesummit.org](mailto:kellyn@buildinghopesummit.org) if you are interested in joining a group, or starting one for your cohort / group

### The Patti Casey Memorial Fund