

Holding Space

A Support Group for Those Experiencing Political Stress & Uncertainty

In a time of political uncertainty, it's easy to feel alone, stressed, or overwhelmed. "Holding Space: A Support Group for Those Experiencing Political Stress and Uncertainty" is a nonjudgmental support group, where ALL adults (18+) are welcome.

This virtual weekly group provides a space to process emotions, share experiences, and find comfort in connection. Together, we'll explore ways to manage stress, cultivate self-care, and find moments of joy into our lives, even amidst uncertainty. You don't have to navigate this alone—come as you are, and let's support one another.

When: Weekly, Wednesdays, 6pm

Who: 18+

Where: Virtual

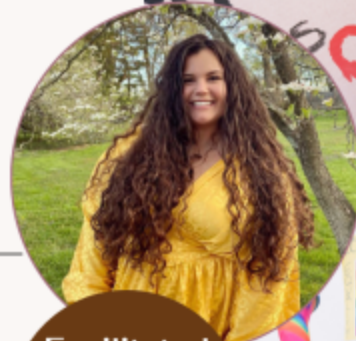
Cost: \$25 per session

**LGBTQIA+ affirming space*

732-852-7373

admin@wholeheartedhc.org

www.wholeheartedhc.org



Facilitated
by Tyler
McGann,
MA, LAC

