Women often feel overworked and overwhelmed. After all, you have a lot on your plate. And you may feel like that plate is overflowing with demands since the pandemic hit.

It’s important to recognize how COVID-19 may be impacting your life and relationships so you can take steps to improve your wellbeing.

We’re inviting all women to join a free Here 4 U online peer support group session between May 17-21, 2021.

Here 4 U peer support group sessions will give women a safe space to talk about how they’re doing emotionally. They’ll also hear how others are coping with COVID-19 and everything else.

During these one-hour online discussions, women will have the chance to:

- Connect with their peers to share how they’re dealing emotionally amid COVID-19
- Talk about social isolation and the virtual environment
- Build coping skills and resilience

Women over the age of 18 can register by choosing one of the dates and times listed on the Here 4 U site. Spots are available on a first come, first served basis. Sessions dedicated specifically for women from the Black/African- American community, mothers and mothers of special needs children are noted. Please register as soon as possible if you're interested.

We want women to bring their thoughts, feelings and questions. And remember: you and all your household members can call us 24/7 for in-the-moment support and resources.