

**Astor Services for Children and Families**, which is a proud provider of **NY Project Hope**, is pleased to offer **free confidential emotional support groups for youth and families.** Registration is not required. Please log onto, <https://Zoom.us> and enter the Meeting ID and Passcode to the group that you would like to join.

***Zoom Groups For Youth***

Tuesdays @12:00pm **– Guided Breathing and Meditation, All Ages,** with Michael Meeting ID: 944 6352 5920 Passcode: JjT21K

Wednesdays @3:00pm **– Strategies for Dealing with COVID Stress, All Ages,** with Gail Meeting ID: 938 3043 7354 Passcode: 2FUMgB

Wednesdays @3:30pm**– Let’s talk About Covid: Support and Stress Reduction**, **All Ages**, with Michelle Meeting ID: 960 7005 2862 Passcode: 8np4wX

Thursdays @2:00pm **- Caring for Yourself During COVID,** with Jessica [Meeting ID: 987 4713 8650 Passcode: 6G0bJG](https://zoom.us/j/91872618120?pwd=d2d3ZUJBYWlCMEVxQ2MxVXZqLy9sQT09)

Thursdays @3:00pm –**How Has COVID Changed School, Activities & Social Events? Strategies On How To Deal With These Changes (grades 7-12),**

With Heather Meeting ID: 944 1286 5704 Passcode: NYPH

***Zoom Groups For Parents/Guardians/Caregivers***

Tuesdays @11:00am **- Helping Families Cope with Emotional Responses to COVID-19,** with Christina Meeting ID: 914 7538 0861 Passcode: 9BLBQu

Tuesdays @ 12:00pm **– Guided Breathing and Meditation,** with Michael Meeting ID: 944 6352 5920 Passcode: JjT21K

Wednesdays @ 4:00 – **Let’s Talk! A Place for Families to Talk About the Impact of COVID, with Michelle** Meeting ID: 943 5203 9516 Passcode: 7mMpv2

Thursdays @2:00pm **- Caring for Yourself During COVID,** with Jessica [Meeting ID: 987 4713 8650 Passcode: 6G0bJG](https://zoom.us/j/91872618120?pwd=d2d3ZUJBYWlCMEVxQ2MxVXZqLy9sQT09)

Fridays @12:00pm – **Strategies for Coping with Vaccine Anxiety,** with GailMeeting ID: 961 1015 8682 Passcode: Tgn9GS

Sundays, 3:30pm**- How Families Can Help Support Each Other During COVID**, with Deanna Meeting ID 995 0121 7848 Passcode: Astor2022