

# COVID-19

## Virtual Peer Support Group for Seniors 55+

*Help relieve isolation  
during the COVID-19  
pandemic by connecting  
with community members*



Facilitated discussions addressing COVID-19's impact on:

- ◊ Financial resources and government support
- ◊ Food and grocery resources
- ◊ Access to healthcare
  - ◊ Mental Health
  - ◊ Socialization
  - ◊ Self-Care

**Group: Virtual Support Group for Seniors 55+**

**When: Mondays at 1pm**

**Where: Virtual via Zoom**

**Cost: Free**

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