

# SHOW ME HOPE CRISIS COUNSELING PROGRAM



## Places for People

### GROUP PRESENTATION OFFERINGS

- For Parents: Supporting Yourself & Your Child During COVID-19 (one session)
- For Frontline Staff: Caring for Yourself & Managing Compassion Fatigue (one session)
- Developing Coping Skills, Resilience, and Supporting Yourself and Others (one session)
- Combatting Loneliness & Isolation (one session)
- Managing Grief (one session)
- Navigating Recovery During the Challenges of COVID-19 (one session)
- QPR (Question, Persuade, Refer) Training (one session)
- Building Happiness (one or more sessions based on interest)
- Developing Mindfulness Habits (can be delivered as a 4, 6, or 8 session series)
- Yoga for Managing Difficult Emotions (1-4 sessions)

### SUPPORT GROUP OFFERINGS

- Support Group For Teachers (can be offered once or twice a month)
- Support Group for Frontline Workers (can be offered once or twice a month)
- Support Group for Parents (can be offered once or twice a month)
- Other support groups available upon request

### INDIVIDUAL OFFERINGS

Interested in receiving one-on-one support? Call us at 314-615-9105 ext. 397. Leave us a voicemail and one of our crisis counselors will contact you within 24 hours to support you and schedule follow-up phone calls as needed.

*All Groups can be modified to be 30 or 60 minutes in length. Let us know if you are interested in a topic that isn't listed.*

All Group and Individual Offerings are **free** and **confidential**. Questions or interested in scheduling a group? Contact Desirae Rowan at [drowan@placesforpeople.org](mailto:drowan@placesforpeople.org)