



# LONG COVID THERAPY GROUP

Acceptance & Commitment Therapy (ACT)

Struggling with fatigue? Feeling overwhelmed?

You are not alone. We can help.

We welcome you to our Long COVID support group.

Mondays

September 12 - October 17

6:00-7:30 pm

Tuesdays

September 13 - October 18

10:00 am - 11:30 am

Cost: \$55 per session

Contact us: [info@bayareatherapygroup.com](mailto:info@bayareatherapygroup.com)

Facilitated by Andrie Sismondo ACSW 107553

Supervised by Sheila Smith LCSW 19980