



March Support Group: The COVID-19 Anxiety Response

Presented by Rev. Jim Hargis, Spiritual Care Coordinator from Gateway Hospice

Join us as Jim Hargis from Gateway Hospice helps us understand and respond to the anxiety that seems common to the current reality we find ourselves in at this time. He will review the “top level” that is more cognitive in nature, meaning “what can I do to help myself,” and the “deeper level,” which deals with the realization that there are things I have no control over and coming to terms with that reality.

Artis Senior Living’s Support Group provides a place to connect with other caregivers who truly understand what you are going through. Please join us to get resources for your questions and needs.

Please Register By Monday, March 15th

Join us for a FREE Virtual Support Group

Wednesday, March 17th

6:00 - 7:00 p.m.

To Register

412-212-3696

TheArtisWay.com/SouthHillsEvents

Zoom link will be provided prior to event in a separate email.

Embracing Life



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