

VIRTUAL SUPPORT GROUPS

For Oklahoma Foster & Adopt Families
Facilitated by a Mental Health Professional



For years you have been expressing your need for community support and access to helpful resources.

We are responding by offering you virtual weekly support groups led by a trained mental health professional!

Group sizes range from 6-10 participants and you and your friends can even join a group together!

HERE'S HOW IT WORKS:

Start by registering at
<https://haloprojectokc.com>

You will then be assigned a group with a mental health professional from HALO Project, Pivot or Lilyfield based on your specific needs and availability.

Your group leader will then email you and your group members with a Zoom invitation.

You and the same group members will meet once a week through Zoom to connect, vent frustrations, problem solve and hopefully laugh!

And...there is no cost to attend!

"It's so comforting to meet with people who are in similar situations although we are all experiencing it differently. The tools I am receiving are helping me to view my situation in a different light." -Participant

Brought To You By



For more information visit www.haloprojectokc.org or email hannahe@haloprojectokc.org