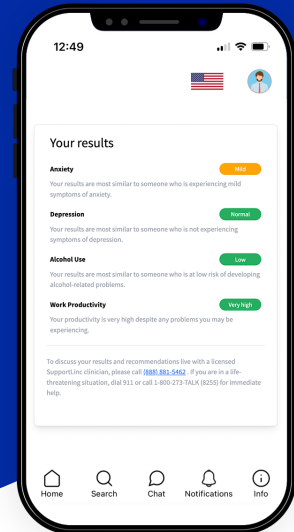
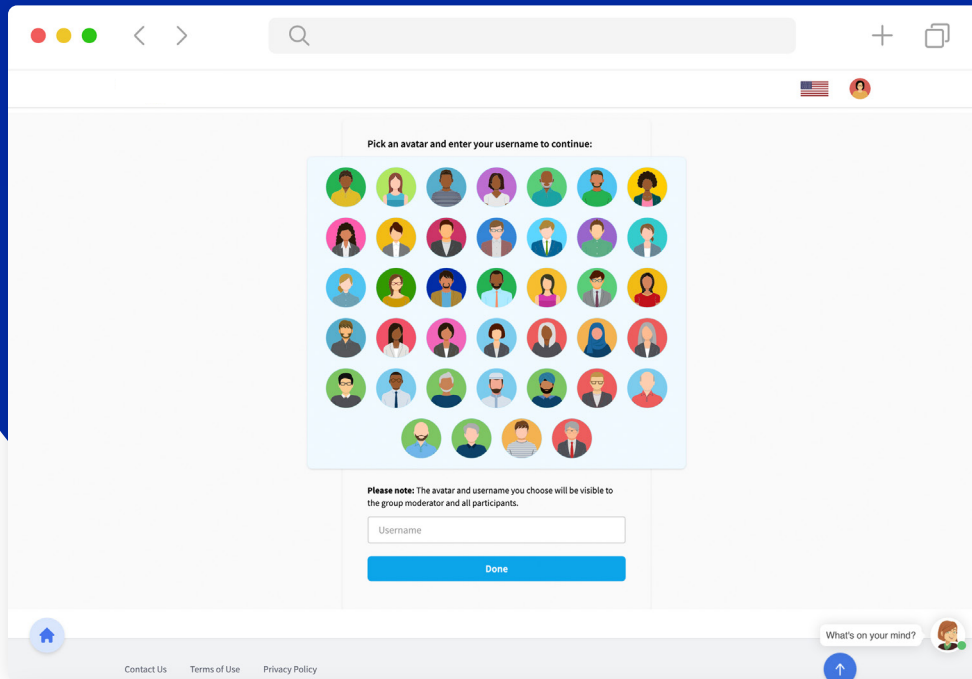




Digital group support

Live, moderated sessions



When you are coping with a challenge at home or work, group support can offer perspective, encouragement and, most importantly, the reassurance that you are not alone. Join confidential group sessions on various topics via the desktop or mobile platform. Answer questions, participate in activities and provide feedback anonymously.

Confidential group support

Get started with these simple steps:

1. Visit your web or mobile platform
2. Create account and enter your group
3. Find the Digital group support tile on the dashboard
4. Click to create an avatar and username
5. Select a topic session

Topics include:

- Avoiding addiction
- Caregiver support
- Coping with stress
- Grief
- Mindfulness
- Preventing burnout
- Self-care
- Sleep fitness

Get started!

mysupportinc.com
group code: **rrd**



Download the
mobile app today!

