



Wellness Wednesday

With Mrs. Witman & Mrs. Picht

Connect with the Counselors

Google Meet

* <https://meet.google.com/iit-ihgh-hfi?hs=122>

Call in:

1-470-268-2729

PIN 156 091 691#

Every Wednesday

11:00 am to 12 pm

Come join us for a chat and share some ideas on coping during this uncertain time.

Each session will be one hour and will have limited space available for live participation.

Rules – Be safe. Be Kind. Take Turns.

This is not counseling or therapy.

This is not a crisis resource.

24-hour Crisis resources:

Crisis Text line 741741 or call 1-877-993-4357

National Suicide Hotline 1-800-273-8255

