



Virtual SUPPORT GROUPS available

During these uniquely challenging times, we've been called on to live and work in ways we never imagined. Everyone one is figuring out their way through these changes.

Want to “get together” with colleagues to talk? These groups will be a place where you can share stories, talk about fears and anything else that's on your mind.

Participants will need to download the free bluejeans video app, which is a HIPAA-compliant, secure app. Participants can join from their computer or mobile device. Groups can range from 3-15 participants.

Groups will be facilitated by a licensed clinician. Groups will be offered at either of the following times:

Mondays at 11:00-12:00

Thursdays 3:00-4:00

If you would like to participate in a support group, please contact Sydney Murano at hr@rider.edu with your name, email address and preferred date/time. The group facilitator will then send you the link to join the group.

We hope to see you there!

If you have any questions, please call Susan Weinstein, LCSW, EAP Manager at 609 688-3212 or susan.weinstein2@pennterminology.upenn.edu