



# Virtual Support Group

**Thursdays, 12-1pm CST**

**Join Clifton Saper, PhD, Lead Psychologist at Ascension Illinois Behavioral Health for the Long COVID Virtual Support Group.**

Research shows that patients with COVID-19 may experience persistent post-COVID symptoms for up to six months or longer after their initial infection.<sup>1</sup>

## **We Are Here To Help**

The purpose of the Long COVID Virtual Support Group is to provide a safe space for patients of the Long COVID Recovery Program to gather and discuss thoughts and feelings, as well as offer support to each other during these challenging times.

It is important to note support groups are not a replacement for therapy.

Confidentiality will be maintained within safety constraints.

**Register by emailing** [Alexandra.Colaianni@ascension.org](mailto:Alexandra.Colaianni@ascension.org)

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