

# Virtual Emotional Support Group

NAVAJO DIVISION FOR

*"If it doesn't challenge you, it won't change you."*



CHILDREN AND FAMILY SERVICES

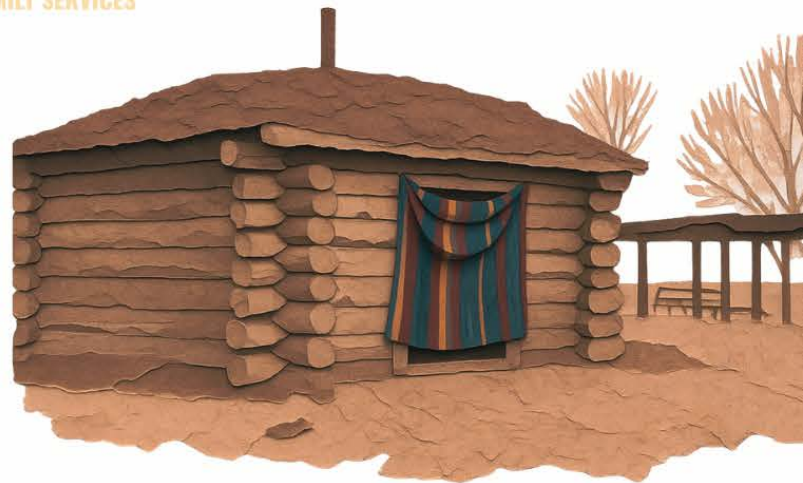
NTCCF hosts a virtual support group bi-weekly for individuals dealing with challenges and to share experiences, minimize loneliness and receive support.

You are welcome to join our virtual community of emotional and social support.

Individuals can gain coping skills, validations, and shared knowledge.

Ground rules will be established including, having respect for each other, being non-judgmental, and having confidentiality for what others share.

You are encouraged to share as part of the group.



**Scan me!**

**HOSTED BY THE NAVAJO  
TREATMENT CENTER FOR  
CHILDREN AND THEIR  
FAMILIES (NTCCF)**

**SCAN THE QR CODE TO REGISTER OR  
VISIT  
[HTTPS://NDCFS.ORG/EMOTIONAL-  
SUPPORT-GROUP-REGISTRATION/](https://ndcfs.org/emotional-support-group-registration/)**