

Online Lunchtime Talks Counseling Collaborative of Gunnison-Crested Butte

Join URL: <https://zoom.us/j/605442426>

or Phone in: 1-669-900-6833

Meeting ID: 605 442 426

Join your team of local mental health professionals and addiction counselors from our very own Gunnison Valley, for a **FREE HOUR of social support MWF from 12pm-1pm!**

"You meet them where they are," is an adage in the healing community; we are honored to do just that!

While our environment is quickly transforming and ever-so uncertain, we will be hosting web-conferencing meetings to provide a steady, safe, and supportive venue for our community members to gather and get their social and emotional needs addressed.

We are a network of private practitioners here to listen to your concerns and advocate for your wellness and recovery efforts. This is an extremely stressful time, and with social distancing orders, it is imperative the community have a safe gathering place to show up and share.

*These meetings are NOT "psychotherapy" nor "group counseling." This is merely an online space to begin networking for your neural needs! Behavioral health is key, and the mindful choices we make now will support a healthier collective conscious in our community as we continue to evolve through these trying times.

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We convene online from 12pm-1pm, Monday, Wednesday and Friday.

The Counseling Collaborative of Gunnison-Crested Butte is here.

<https://counselingcollaborativegunnison-crestedbutte.com/>

Disclaimer for Online Lunchtime Talks:

This gathering is for the expressed purpose of providing community support for the kinds of stress, anxiety, and concerns associated with normal human reactions to life changes due to the current virus situation, and does not deal with individualized concerns that psychotherapy addresses. It is not intended as a replacement for current therapeutic needs and should not be used as such.