



## Available Services for the Teachers/Staff of the OESU

- **FREE** support group, offered at two different times through ZOOM
  - **Tuesdays from 5:30-6:30pm with Amanda Regis, LICSW, LADC**  
\*Please email Amanda at [aregis@littlerivers.org](mailto:aregis@littlerivers.org) to sign up!
  - **Wednesdays from 2-3pm with Ali Warhaftig, MSW**  
\*Please email Ali at [awarhaftig@littlerivers.org](mailto:awarhaftig@littlerivers.org) to sign up!
- **Individual Counseling Services via Telehealth/video platform**
  - For anyone seeking additional support for acute stress, underlying anxiety/depression, or any other pre-existing mental health disorder. Many of our therapist are also licensed in substance abuse counseling and specialize in areas such as trauma, domestic violence, and family support/counseling.
  - First come first serve, as available openings last.
  - Services, including telehealth, covered by most insurances
- **Care Coordination/Case Management services for anyone in need of assistance in:**
  - Accessing community food resources
  - Paying bills
  - Applying for health insurance/LRHC's slide fee scale
  - Applying for unemployment, signing up for WIC, and other social services
  - Finding housing
  - Accessing educational programs
  - Reducing prescription costs
  - And many others!
- **Other Community Resources:**
  - Online yoga classes by donation, instructed by Sheena Loschiavo
  - More will be added as we hear of them!

If you are interested in becoming registered for any of the services listed above (other than group), please contact Sasha Emerson at 802.757.2325 x330 or [semerson@littlerivers.org](mailto:semerson@littlerivers.org)