



# NEW Long Covid Support Group for North West Leicestershire

SUPPORT

This is a new long Covid support group for people struggling with persistent symptoms, with the aim to improve mental and emotional wellbeing

Hospice Hope are offering a FREE counsellor led, small group, online support service

4 x weekly 45 minutes sessions on Zoom  
Led and facilitated by a qualified counsellor  
Next groups starting on Thursday 25th February  
and Thursday 25th March 2021  
Small group size (maximum 4)

Each session will provide a safe space and be topic focused, to help support and benefit you

For more information please email:  
[catherine@hospicehope.org.uk](mailto:catherine@hospicehope.org.uk)  
or call 07511 324 968