

# In This Together

## Pandemic Support Program

In This Together, is a program that is designed to help engage Livingston County Residents who are over the age of 18 in safe community based activities and support during the pandemic.

Our goal is to decrease isolation and increase mental health wellness by receiving support in both group and individual settings. Groups that we offer include virtual support group for residents, virtual healthcare, first responders and front line workers support group, virtual craft groups, community walks and other fun interactive groups. There is no cost to participate in any of these services, groups or events.

If you have any questions or known of anyone who could utilize extra support due to the Covid-19 pandemic, please contact:

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