

Supporting our Theatre Community During COVID19

Although theaters are dark, the theatre community is still here! Many theatre professionals are facing unprecedented stress during this difficult time. You may be feeling a variety of strong emotions – fear, sadness, confusion, anger, helplessness – as well as a sense of grief for the many losses accompanying this pandemic.

Michelle Sherman PhD LP ABPP is offering a free, virtual support group for theatre professionals. Michelle is a licensed clinical psychologist and Professor at the University of Minnesota, as well as a choreographer and long-term theatre fan. She will be facilitating free, weekly, hour-long meetings via Zoom, and all theatre-affiliated professionals are welcome.

WHEN

- **Tuesdays, 7-8pm (starting April 14)**
- You're welcome to attend whenever your schedule permits.

FOR WHOM

- Professional theatre-connected adults (age 18+) in the Twin Cities metro area who wish to offer and receive support during COVID19

COST

- No charge, no insurance. This is offered as a gift/resource to you.

WHAT

- This is NOT a therapy group; rather, it is more of a facilitated peer support group. This is not intended to be a replacement for professional psychotherapy. Referrals can be provided if someone wants a higher level of support.

FORMAT

- Will ask all participants to honor the members by maintaining confidentiality; what is said during the meetings stays in the meetings.
- Limit of 20 participants per meeting
- Each 60-minute meeting will involve a check-in time, mini presentation and discussion on healthy coping, and a closing ritual.
- Topics will be defined by participants, but general ideas include:
 - Managing anxiety and stress
 - Coping with loss
 - Healthy coping tools
 - Staying connected during this time of social distancing
 - Surviving the ambiguity of "what's next"?
 - Maintaining hope and a sense of meaning during these uncertain times
 - Problem solving for moving forward and being productive

Please email Michelle (Sherman@umn.edu) if you have questions or would like to participate.

She will add you to the Zoom invitation. No commitment required; you may attend if and when you wish.

Please feel free to share this invitation with other theater-related professionals who may be interested.

