FREE & Confidential Mental Wellness Peer Support Group for Physicians



## Your privacy matters! Confidential. No records kept.

Our peer-led nonprofit is not affiliated with any outside or reporting institution.

## Learn new skills for living well with professional stressors, burnout, depression, anxiety, and substance use.

Support groups are first-name only to maintain confidentiality, and you are not required to appear on video.

## Thursdays via zoom at 7pm EST / 4pm PST

Join our free support group today at **www.livewellclinicians.org**