

OMA-MD Chat Sessions – free facilitated sessions to support each other during COVID19

Please feel free to drop in virtually for noon sessions offered for one hour daily Monday-Friday. Stay for a minute or as long as is possible for you and come back as many times as you like. These sessions will be ongoing as long as needed.

All are welcome.

At times such as this we tend to forget about ourselves and focus on all the things we have to do for others. The hope by just chatting and sharing information we may do ourselves a bit of good.

This will occur via zoom and is meant to be a safe space to talk about how we are managing (details at the end of this message).

Look forward to chatting with you starting **Monday March 23 from 12- 1pm. (zoom details below)**

Session Facilitator:

Dr. Kasra Khorasani (a staff psychiatrist at U of T with over 20 years of experience working with residents at our group day and expert in group therapy amongst other things!) has generously set up an online support group for physicians in Ontario.

Join Zoom Meeting Daily from 12:00-1:00

<https://zoom.us/j/595378840?pwd=NGx4N0lvZ1dHWDhyZGhOTTJZWUt1UT09>

Meeting ID: 595 378 840

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