



NEW WEEKLY ONLINE DISCUSSION/SUPPORT GROUP

TO COPE WITH COVID-19 STRESS

Thursdays at 5:00 pm PT / 8:00 pm ET

Moderated by psychiatrist Yelizaveta Sher, MD, Adult CF Center at Stanford

CFRI will host an online discussion/support group for members of the CF community. This is an open format via Zoom where people can share their experiences and address the anxiety that COVID-19 is triggering in our community.

To participate, go to <https://zoom.us/j/519241333>