

# Union Station Clubhouse Weekly



## Members Share Their Thoughts on Grief

**W**hen I lost my family members I was grieving a long time, but then I got over it. I do miss them and love them a lot. It's not easy at to lose family members.  
~Krysta C.

**T**here is no way around grief or loss. You can dodge all you want, but sooner or later you just have to go through it and hopefully come out on the other side for the better. The world you find there will never be the same as the world you left. It is very sad when you lose someone in your life.  
~April B.

## What is Grief?

Grief is the internal part of loss, how we feel. The internal work of grief is a process, a journey. It does not end on a certain day or date. Grief is real because loss is real. Each grief has its own imprint, as distinctive and as unique as the person we lost. The pain of loss is so intense, so heartbreaking, because in loving we deeply connect with another human being, and grief is the reflection of the connection that has been lost.

## When does Grief end?

Grief is not just a series of events, or stages or time lines. Our Society places enormous pressure on us to get over loss, to get through the grief. But how long are you allowed to grieve. A year? Five years? Forever? The loss happens in time, in fact in a moment, but its aftermath lasts a lifetime.

~By Danny G.

## Being a single parent

When I was 23 I married my first husband. We had two sons who were 14 months apart, but I think I rushed into getting married because I wanted to move out of my mother house. Our marriage only lasted two years. That when I become a single parent. So I had some advice for a young couple who wants to get married at a young age. It's not an easy job being a single mom because I had a lot of struggles. Since my boys were so close together it was like having twins.  
Rose S.

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### Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 12:00 NOON Information Station / Lunch & Learn
- Daily 12:30 PM Virtual Meeting
- Monday 2:30 PM House Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. & Thurs @ 2:30 PM Cooking With Demonstration.

Members: Please be sure to check the Facebook Group and your email prior to the session you wish to join as the meeting code is different depending on which staff is hosting.



**DR. LEVINE'S DAILY REMINDERS**

- Wash your hands with soap and water for 20 seconds — the time it takes to sing "Happy Birthday" twice
- Use hand sanitizer if soap and water are not available
- Cover any coughs or sneezes with your elbow, not with your hands
- Try not to touch your face, especially after touching surfaces
- Clean surfaces frequently
- If you are going out for life-sustaining activities, wear a mask

**STAY CALM. STAY HOME. STAY SAFE.**

Credit: PA Department of Health

## COVID-19 Food Distributions for the Week Of July 6

Monday, July 6, 2020  
 Calvin United Presbyterian Church  
 307 Spring Street  
 Brownsville, PA  
 1:00pm – 2:30pm  
 Please don't arrive before 12:00pm.

This food distribution site is for anyone in need of food assistance as a result of COVID-19. There are no income eligibility requirements. You don't need proof of income.

## Current COVID-19 Information

- ⇒ Federal Government Response: [www.coronavirus.gov](http://www.coronavirus.gov)
- ⇒ PA Department of Health Information <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒ Fayette County Fights COVID-19 Facebook Group: <https://www.facebook.com/groups/206439277088716/>
- ⇒ Fayette Area Coronavirus Needs / Availability Group: <https://www.facebook.com/groups/211053520110419/>
- ⇒ Embedded State/ World Case Maps <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

## Standard of the Week

9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

### Resources Compiled

As a part of the "virtual" Work-Ordered Day of the Clubhouse.

One of those tasks over the last week was compiling a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that is open and what operations are within them during this difficult time. Also compiled was a listing of entertainment series such as tour series provided by our National Parks in the region and other virtual opportunities. For more information on all resources, visit:

[www.coronavirus.unionstationclubhouse.com](http://www.coronavirus.unionstationclubhouse.com)

The Pennsylvania Department of Transportation has extended the expiration dates for driver's licenses, identification cards, and learner's permits in response to statewide COVID-19 mitigation efforts.

Expiration dates for driver's licenses, photo ID cards and learner's permits scheduled to expire from March 16 through July 31, 2020 have been extended until July 31. These extensions are in addition to those announced May 27.

A camera card is considered a driver's license, so it is covered by the same terms and conditions extending other driver's license products. Camera cards with expiration dates within this timeframe are also extended through July 31.

The following products were previously extended until June 30 and will not be extended:

- Vehicle registrations of all classes which includes, but not limited to, mass transit vehicle registrations, apportioned vehicle registrations, fleet vehicle registrations, dealer plate registrations, temporary registrations and biennial farm exemption certificates scheduled to expire from

## PennDOT extends expiration dates for licenses

March 16 through June 30.

- Safety inspections and emissions inspections scheduled to expire from March 16 through June 30.
- Persons with Disabilities parking placards scheduled to expire from March 16 through June 30.

Customers may continue to complete various transactions and access multiple resources online at [www.dmv.pa.gov](http://www.dmv.pa.gov). Driver and vehicle online services are available 24 hours a day, seven days a week and include driver's license, photo ID and vehicle registration renewals; driver-history services; changes of address; driver license and vehicle registration restoration letters; ability to pay driver license or vehicle insurance restoration fee; and driver license and photo ID duplicates; and driver exam scheduling. There are no additional fees for using online services.



# This n' That in the Area

## Overcoming the Fear of Fireworks

When I was a young boy, I had a big fear of fireworks. One year the fire company would set off in our field because they had no where to set them off. Because of the loud noises that were produced, this caused a great deal of anxiety in the summer, especially when near firework displays that I would make life miserable for my family.

Learning the diagnosis of Autism at 14, I would learn of my hyper hearing and the inability to tolerate loud noises, fireworks being one of them. I would not go to places where the public would gather, but as I became a young man, I liked filming them and the display they would provide.

Last year, my mom asked me if I would want to go to town and watch them be set off in the city plaza lawn, which I did. While I did have to have my headphones for the duration of the ceremony, I did not have any issues as a result. In fact, I had one awesome video! The next week, one of the local churches in Connellsville had their fireworks, and I went and filmed those close too. And had a blast!

Just goes to show you that you can do anything if you put your mind to it if you want to. You may have to improvise, but if you explain clearly why and what you need for it to be a success, then it will likely happen. Now, in no way this is "babying". As persons in our community, we all have a right to be heard and fight for whatever we need and want, as long as it can be done properly and safely. We must also be understanding of others needs too, as we may not know the entire situation of the why and how. Sometimes we cannot know because the person doesn't or cannot tell us, but if it isn't making you feel uncomfortable, then it shouldn't be a problem. Remember that we are indeed in a new world, things are constantly changing and there will be changes that will have to occur and sometimes suddenly. We must be able to accept that and be sensitive and understanding to others in our communities during this difficult time.

~Dustin M.

- ◆ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ St. Rita Church will sponsor a "festa d'asporto," or "festival to go," from 4-8 p.m. Fridays, July 10 and 17, and Saturday, July 11, in the church parking lot, First Street, Connellsville. Patrons may drive up for takeout food orders only. The menu will include a cavatelli and meatball combo, manicotti and meatball combo, sausage in sauce sandwich, meatball sandwich, pizza, and fried dough. The 50/50 raffle will be held at 8:30 p.m. Friday, July 17.
- ◆ The Uniontown Sons of Italy will resume monthly pasta dinners on a take-out basis beginning July 8. The Giuseppe sandwich will also be available on the third Wednesday of every month beginning July 15. Call 724-439-2290 to place an order and set up a pick-up time.
- ◆ The 17th Annual Historic National Road Yard Sale has been postponed to Aug. 19-23 due to COVID-19. The sale will be held from dawn until dusk. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40. For more information, contact Patricia McDaniel at 765-478-4809 or e-mail [info@oldstorefrontantiques.com](mailto:info@oldstorefrontantiques.com).

## Fireworks in Fayette County Schedule 2020

### Vanderbilt Fireworks

Friday, July 3. 9:30 PM

Vanderbilt Recycling

Leisenring-Vanderbilt Road

### Point Marion Independence July 4 Celebration

Saturday, July 4th, 2020 (Please practice Social Distancing, Face Masks Optional)

Point Marion Park, 801 S. Main St,  
Point Marion, PA 15474

Food Opens at 5:00 PM; Fireworks begin at 9:15 PM

### Luzerne Township (LaBelle) Fire Company Hog Roast and Fireworks

Saturday, July 4: Food at 5:00 PM; Fireworks at Dusk

Festivities will be held at the Old Ferry Landing/Boat Launch (East Fredericktown Road, East Millsboro, PA 15433

### Connellsville Fireworks

While there will be no Rockin' Rib Fest this year, there will be fireworks Sunday, July 5 at 9:30. Fireworks will be launched across the river from City Hall, Viewing is encouraged from nearby parking lots as is masking and social distancing.

### New Salem Hog Roast and Fireworks

The Hog Roast will Be on Saturday and Sunday, July 11 and 12 at the Hog Roast Grounds at 998 New Salem Road. Fireworks well begin shortly after 10:00 PM, Sunday, July 12.

### Brownsville / Hiller / Merrittstown

The Brownsville-Luzerne Park Board has canceled the July 3 fireworks. The event may be rescheduled for later this year. Merrittstown also canceled its fireworks and parade.

## Operations of Local Stores, Agencies, and Attractions

- ⇒ Walmart stores will be open from 7 a.m. to 8:30 p.m. with the 6-7 a.m. hour reserved for customers 60 years and older to shop on Tuesdays only.
- ⇒ Martins stores will be open 6 a.m.-10 p.m. with the 6-7 a.m. hour reserved for customers ages 60 years and older to shop. All will be open seven days a week.
- ⇒ All local Social Security offices are closed to the public indefinitely, though local offices will continue to provide services by phone. Online services will remain available at [www.socialsecurity.gov](http://www.socialsecurity.gov). Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised
- ⇒ Dollar General has reserved their first hour of business for the seniors, disabled and immunocompromised. Additionally, they are closing their stores an hour earlier than normal closing time in order to sanitize.
- ⇒ Churches in the Dioceses of Greensburg and Pittsburgh have resumed in-person worship services. That includes all Roman Catholic churches in Fayette, Westmoreland, Washington and Greene counties. See individual church websites for Mass times and restrictions.
- ⇒ The Appalachian Creativity Center, which features works by local artisans, is reopening Tuesday, June 2. The arts center is located at 139 W. Crawford Ave., Connellsville.
- ⇒ Fiddles Diner, 101 Water St., Brownsville has reopened on a reduced operating schedule. The eatery will be open Wednesday through Sunday from 7:30 a.m. to 3 p.m. and closed Monday and Tuesday.
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ The gates are open at Patsy Hillman Park in Luzerne Township. The park is open from dawn to dusk. The Brownsville-Luzerne Park Board is reminding users to follow CDC guidelines for wearing masks and staying 6 feet apart in all areas. Restrooms and pavilions are closed at this time. The park is open for fishing, walking and jogging.
- ⇒ Fallingwater in Mill Run has reopened, and is offering outdoor exterior self-guided and guided private tours for visitors to experience the exterior of Fallingwater and the surrounding landscape. There are future plans for a gradual transition back to house tours. More information about the outdoor experiences is on Fallingwater's website, [fallingwater.org/experience-fallingwater](http://fallingwater.org/experience-fallingwater).
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores must wear a mask and observe social distancing guidelines.
- ⇒ The Brownsville Borough Building, 200 Second St., has reopened to the public. The borough office is open Monday through Friday from 8 a.m. to 4 p.m.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit [www.pacareerlink.pa.gov](http://www.pacareerlink.pa.gov).

## Getting Help with Food

- ⇒ Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
  - ⇒ Website: <http://fccaa.org/>
  - ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources <http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday through August at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027
- ⇒ Brownsville Borough Council are continuing to distribute food to those in need on Saturdays from noon to 2 p.m. Contact any council member via email about donations, private message them on their Facebook pages, or call Paul Synuria at 724-970-4501. Emails for council members are listed on the borough's website.
- ⇒ There will be free milk giveaways on Saturday July 11 and Saturday July 25 in the front Parking Lot of Connellsville High School (201 Falcon Drive) from 9 AM to Noon. There will be no limit, take what is necessary. This is brought to you by the Connellsville Lions Club and Schnider's Dairy.
- ⇒ For those residents in need of food, Thursdays at 10:00 AM at Perry Township Fire Hall, 206 South Liberty Street in Perryopolis (in the back parking lot) a big box of fruits and vegetables will be handed out to those in need.



## Gov. Wolf: Sec. of Health Signs Expanded Mask-Wearing Order

### Masks Are Mandatory in All Public Spaces

Expanding on the business safety order signed by Secretary of Health Dr. Rachel Levine in April that requires the wearing of masks in businesses, Governor Tom Wolf today announced a new order signed by Dr. Levine that takes the mask-wearing directive one step further.

With this order, signed under Dr. Levine's authority under the Disease Prevention and Control Act, masks must be worn whenever anyone leaves home. The order takes effect immediately.

"This mask-wearing order is essential to stopping the recent increase in COVID-19 cases we have seen in Pennsylvania," Gov. Wolf said. "Those hot spots can be traced to situations where Pennsylvanians were not wearing masks or practicing social distancing – two practices that must be adhered to if we want to maintain the freedoms we have in place under our reopening."

The order outlines the situations when a mask must be worn and includes limited exceptions to the face-covering requirement.

Each of the state's mitigation efforts has helped to slow the spread of COVID-19, kept our health care systems from being overwhelmed, and allowed for Gov. Wolf's measured, phased reopening to proceed. But, with nearly every county in the green phase of reopening, complacency cannot be the norm.

"It is essential that Pennsylvanians wear masks to prevent the spread of COVID-19," Secretary of Health Dr. Rachel Levine said. "While cases increase in some areas, we cannot become complacent. My mask protects you, and your mask protects me. Wearing a mask shows that you care about others, and that you are committed to protecting the lives of those around you."

More and more health experts have called for mask wearing, including Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, who said during a June 30 Senate hearing on COVID-19, "Americans who don't wear masks may 'propagate the further spread of infection.'"

The mask-wearing order will be sent to state and local officials, law enforcement and others tasked with education about the order for those not in compliance. Union Station Clubhouse has a webpage dedicated to Universal Masking on its Coronavirus Portal at:

<http://coronavirus.unionstationclubhouse.com/resources/masking.html>

## Waggin Network Update

Each library has a plan for providing curbside and limited in-person services. Each library is setting their own schedule with regards to curbside and staff hours.

Please visit your library's Facebook page and Website for updates as well as ideas for things to do/view from home, virtual story times, and any special instructions for using online services.

You can get a temporary library registration card. It will give you access to Gale Courses (using the prefix 40800000+the six digits of your temporary number). It will also give you access to online ebooks and audiobooks if you choose Citizens Library as your "home library".

When you register online, please write down the number! When choosing a password, use something easy to remember—write down your password.

Register online here: <https://waggin.polarislibrary.com/logon.aspx?header=1>

Or, if you would like a permanent WAGGIN card and live within Washington, Greene or Fayette Counties, email a request to: [wagginhelp@gmail.com](mailto:wagginhelp@gmail.com)

We are continuing to add new titles and curate collections for OverDrive (Libby) our downloadable e-Book and audiobook site.

### **With a WAGGIN Library Card you can access:**

[PA Power Library e-resources](#)  
[PA Photos and Documents](#)

[GALE Online Courses](#)

[PA Digital Library](#)

[Overdrive E-Books and Other Resources](#)

# Simple Stuffed Shells

By Ra-Mel H.

- Prep: 40 MIN
- Total 1 HR 30 MIN
- Servings: 6

## Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped (1/2 cup)
- 1 clove garlic, finely chopped
- 1 lb ground beef
- 1 can (28 oz) Muir Glen™ organic diced tomatoes, undrained
- 1 box (12 oz) jumbo pasta shells
- 2 cups ricotta cheese
- 2 cups shredded mozzarella cheese (8 oz)
- 1 egg
- 2 tablespoons chopped fresh basil leaves



## Steps

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
2. In 2-quart saucepan, heat oil over medium heat. Add onion and garlic; cook 2 to 3 minutes, stirring occasionally, until softened. Add beef. Cook 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked. Stir in tomatoes. Season with salt and pepper. Reduce heat to low; cook uncovered about 20 minutes until liquid is reduced.
3. Meanwhile, cook and drain pasta shells as directed on box, using minimum cook time. Rinse with cold water to cool; drain.
4. In medium bowl, mix ricotta cheese, 1 cup of the mozzarella cheese, the egg and 2 tablespoons basil.
5. Spoon about 2 cups meat sauce into baking dish. Using small spoon, carefully fill each pasta shell with about 2 tablespoons cheese mixture (do not overfill). Invert shells and place on sauce in baking dish. Spoon remaining meat sauce over shells. Sprinkle with remaining 1 cup mozzarella cheese.
6. Bake uncovered about 30 minutes until sauce is bubbly and cheese is melted. Garnish with additional basil.

## Italian scramble By Rose S.

### Ingredients

- 2 tablespoons olive oil
- ¼ cup diced green peppers
- 1 clove crushed garlic
- 3 eggs
- 1 tablespoon grated parmesan

### Directions

1. Heat the olive oil in a heavy skillet over medium heat
2. Sauté the pepper, onion and garlic for 5-7 minutes
3. Put parmesan and eggs into skillet scramble until eggs are set
4. Serve

## Zesty Potluck Pasta Salad

### Ingredients

- 2 boxes Betty Crocker™ Suddenly Salad® classic pasta salad mix
- 3 cups frozen broccoli florets
- 2/3 cup Italian dressing
- 1/3 cup cold water
- 2 cups cut-up cooked chicken or ham
- 1 1/2 cups halved grape tomatoes

### Steps

1. Empty contents of pasta pouch (from salad mix) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally and adding broccoli during last 2 minutes of cooking.
2. Meanwhile, in large bowl, stir contents of seasoning mix packet (from salad mix), the dressing and cold water until blended; set aside.
3. Drain pasta with broccoli; rinse with cold water. Shake to drain well. Stir pasta with broccoli, chicken and tomatoes into dressing mixture. Serve immediately, or refrigerate until serving.

~Dustin M.

## Spotlight on ADHD

### ADHD Symptoms Include:

1. Short attention span
2. Hyperactivity
3. Impulsiveness
4. Fidgeting
5. Disorganization and difficulty prioritizing
6. Poor time management
7. Frequent mood swings
8. Forgetfulness
9. Trouble multitasking
10. Inability to control anger or frustration
11. Trouble completing tasks
12. Distracted easily
13. Difficulty awaiting turn

Attention deficit hyperactivity disorder, or ADHD, is a neurological condition defined by a consistent pattern of inattention and/or hyperactive impulsivity that interferes with daily functioning in at least two settings – for example, at school and at home. It impacts children and adults, boys and girls, and people of all backgrounds.

More Information:

<https://www.additudemag.com/>

Brought to you this week by Ra-Mel H.

Members, tune in to ZOOM on Tuesdays and Thursdays at 2:30 for **Cook With Me** demonstrations where Union Station features a member cooking a delectable treat for members and staff! Check your e-mails or the Facebook Group for more information



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## From the Director

### Facing our Challenges

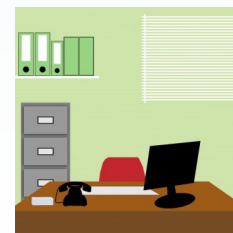
At the time of the printing of this newsletter, our state along with several others are seeing an uptick of positive COVID-19 cases. The reasons for this are varied and not completely clear, but the result is that some restrictions (such as mandatory mask wearing in public) will be implemented.

So, as a Clubhouse community, what can we do? Very simply, what we have been doing since our facility reopened: wearing masks, keeping proper social distancing, regular disinfecting/cleaning, and pre-screening practices. But, more importantly, we, as a community, must make sure that we are diligent in these practices. As a matter of fact, I would say that we should even be objectively honest in what

we can do to improve our preventative practices for COVID-19.

Lastly, and most importantly, I think one of the best things we can do individually is to remain positive and hopeful. Like most hardships, this is only a moment in time. We must maintain the right mindset to be able to move forward from this pandemic.

Scott B.



### NEED HELP ??

- ⇒ Department of Human Services  
Support & Referral Hotline:  
1-855-284-2494
- ⇒ Fayette County Crisis Line  
724-437-1003
- ⇒ National Suicide Prevention  
Lifeline  
1-800-273-TALK (8255)  
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to  
741-741
- ⇒ Disaster Distress Helpline:  
1-800-985-5990
- ⇒ Get Help Now Hotline (for  
substance use disorders):  
1-800-662-4357
- ⇒ Pennsylvania Sexual Assault  
Helpline – 1-888-772-7227
- ⇒ National Domestic Violence  
Helpline – 1-800-799-7233

### Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ **NAMI Bucks County** PA will use Zoom to host Online Support Groups. Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video. Prior to attending a NAMI Online Support Group, you'll need to download the Zoom application on your computer or smartphone.  
<https://namibuckspa.org/online-support/>
- ⇒ **NAMI Philadelphia**  
We know that this time is tough and even though we cannot meet in person we still wanted to offer you and your loved ones support! Our affiliate has decided to move all of our support groups to ZOOM! Please see our schedule below and the instructions for joining the groups to the right! We look forward to seeing you!  
<https://www.namiphilly.org/>
- ⇒ PMHCA Virtual Drop In's  
[https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)
- ⇒ Depression and Bipolar Support Alliance (DBSA)  
<https://www.dbsalliance.org/>
- ⇒ Turn 2 Me  
<https://www.turn2me.ie/>
- ⇒ 7 Cups  
<https://www.7cups.com/connect/>
- ⇒ Daily Strength  
<https://www.dailystrength.org/>
- ⇒ In the Rooms  
<https://www.intherooms.com/home/>
- ⇒ Sanvello  
<https://www.sanvello.com/>

