

Online Long COVID Therapy Group

Learn more at:

StaffordPsychology.com/groups

**Run by clinical
psychologist, Amra
Stafford, Psy.D.**

I have worked for years with people with chronic illness, including Long COVID and ME/CFS. My goal is to ease the isolation such people experience and make support more widely available and affordable.

Who can participate?

This group is for anyone with Long COVID, whether from an infection or an adverse vaccine reaction. People in most U.S. states (except CA, NM, LA, MA, and HI) can participate.

What is the cost?

The cost to participate is \$75 per group or \$300 per month. I don't take insurance, but will give you paperwork for reimbursement if your policy covers it.

When do we meet?

The next group is starting in Fall 2026, but future groups are planned. Contact me to inquire: 360-499-2544 or amra@staffordpsychology.com.

What will we do?

The group (6-10 people) will meet weekly for 90 minutes, to give everyone time for a personal check-in. We will also discuss topics of special interest.

Call 360-499-2544 or email amra@staffordpsychology.com