

Has COVID-19 left you feeling overwhelmed? Anxious? Stressed?

You're not alone & we're here to help

Our staff can help you cope with this challenging time by:

- Recognizing common reactions to disasters
- Building coping skills
- Managing disaster-related stress
- Link you to resources

We are . . .

- Confidential
- Anonymous
- Free



HOW WILL
I FIND A
NEW JOB



WILL MY CHILD
BE SAFE AT
SCHOOL?



I'M WORRIED
FOR MY HEALTH



**WE ARE
HERE FOR
YOU!**

Contact Us!

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