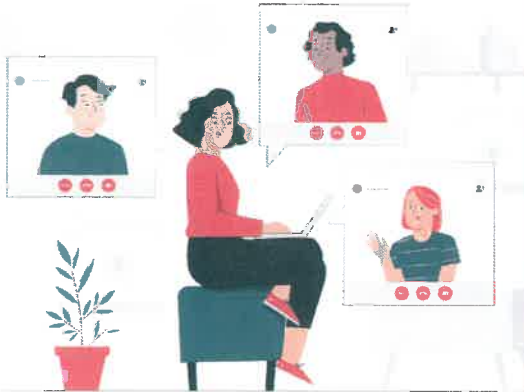


Online Wellness Groups

...Move forward with Hope



Mental Wellness Mondays
Grieving & Healing Support on Mondays
COVID Longhaulers on Tuesdays
Wellness Wednesdays
Hablemos de COVID Jueves
COVID & Relationships on Thursdays
Moving Forward Fridays

Find out more...



NYProjectHope.org

Confidential ■ Free ■ Anonymous

NY Project Hope
Coping with COVID



**Office of
Mental Health**

A program of the NYS Office of Mental Health
Funded by FEMA