



# Were you affected by the COVID-19 Pandemic?

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Family & Children's Agency can provide you:

- Information
- Education
- Emotional support
- Links to resources

Are you interested in talking with someone?

Our Crisis Counselor can assist you with:

- Recognizing common reactions to disasters
- Building coping skills for the recovery process
- Managing disaster-related stress

We are . . .

- Confidential
- Anonymous
- Free

**WE ARE  
HERE  
FOR YOU!**

**Contact Us!**

9 Mott Avenue | Norwalk, CT 06850 | 203-831-2900 | [FamilyandChildrensAgency.org](http://FamilyandChildrensAgency.org)