Are you feeling overwhelmed with the ways the pandemic has impacted your life and your family or your workplace?

Free resiliency support is available to help you and your family or within your workplace team.

NJ Hope and Healing
Call today to find out more about how services can be tailored to meet your needs.

855.499.4325
hopeandhealing@centerffs.org
NJ Hope and Healing will provide a safe environment to explore ways to cope and manage stress during the current times of the pandemic.

**For employers, organizations and groups**

Services are available to help your workplace team or your organization/group. Many options are available for the staff at your workplace, including large group presentations, small groups and individual sessions, to best meet your specific needs and to provide staff or members with a safe environment to explore ways to effectively cope, manage their stress, and build resiliency during these times.

**For individuals and families**

Individual or family sessions are available to help you and your family, offering a safe environment to explore ways for your children and your family to effectively cope. Creative sessions that include playful activities are available for your children and teens.

Funding for Hope & Healing is provided by the NJ Department of Human Services, Division of Mental Health and Addiction Services (DMHAS) through the Crisis Counseling Service-Regular Services Program (RSP) as defined by the Department of Homeland Security/Federal Emergency Management (FEMA). Center For Family Services is one of ten partnering providers in the State of New Jersey.