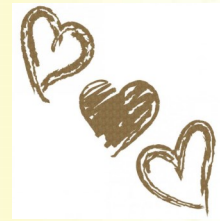


Are you...

- ✓ *feeling lost or sad?*
- ✓ *frustrated?*
- ✓ *isolated or alone?*
- ✓ *experiencing anxiousness?*
- ✓ *suffered a job or income loss?*
- ✓ *struggling with virtual or hybrid learning?*



Join us online for a monthly

## **Coping with COVID Support Group**

**Serving Cattaraugus and Allegany Counties**

Sometimes we need a helping hand to walk through those difficult times -- join the conversation.

Catholic Charities offers encouragement and comfort virtually.

**For more information, or to register, call (716) 372-0101**

### **Other Ways We Can Help ~ Our Services**

Counseling Services - For managing depression, anxiety, etc.

Emergency financial help

Kinship Care - Support for relative caregivers and families

Multisystemic therapy - Reaching youth at risk of placement out of the home

OKPEAP - For divorced or separated individuals; co parenting curriculum

Domestic Violence Program for Men - holding abusers accountable via the court



For information on groups & other services:

**Anne Miles, Program Director**  
**(716) 372-0101**

2636 W. State St.  
Holiday Park Centre, Suite 301  
Olean, NY 14760