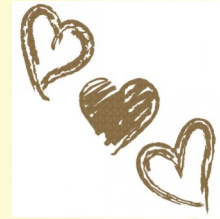


Are you...

- ✓ *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

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.
Grief Support Group - For those who have experienced loss
Kinship Care - Support for relative caregivers
Multisystemic therapy - Reaching youth at risk of placement out of the home
OKPEAP - For divorced or separated individuals; co parenting curriculum
Emergency financial help

**CATHOLIC
CHARITIES**
HOPE for all seasons

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