



# COVID is challenging our community and we're here to help you cope ...



We are a proud provider  
agency of NY Project Hope,  
New York State's COVID-19  
Crisis Counseling Program.



Astor Services for Children  
& Families is now providing  
**Dutchess & Rockland counties**  
with free, confidential, and  
anonymous emotional support.



To learn more,  
contact Megan Wright at  
**(845) 204-5223**  
**[mwright@astorservices.org](mailto:mwright@astorservices.org)**



 **ASTOR**  
SERVICES FOR CHILDREN & FAMILIES  
**[www.astorservices.org](http://www.astorservices.org)**

## Free, anonymous & confidential

**NY Project Hope**  
Coping with COVID  
❤️

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