

# NY Project Hope

## Coping with COVID



Having trouble  
understanding your  
reactions and  
emotions during  
COVID19?

**NY Project Hope is  
now offering  
Weekly  
Group sessions via  
Google Meet**

Starting May 17th, please  
join our Crisis Counselors  
on Mondays at 12:00pm  
or 4:00pm to discuss  
various topics on how to  
manage stress during  
COVID19



**NEW HORIZON**

*Counseling Center*

Open Google  
Meet and enter  
code:  
zbs-gkhh-jca