

# NY Project Hope

## Coping with COVID



Here to Talk | Here to Listen | Here to Support

### Virtual Support Group

Facilitated by Crisis Counselor  
Donna Rafos, CASAC

## Recovering from Substance Abuse during Covid-19

On Wednesdays 1p-2p starting October 20<sup>th</sup>

To register email [jgogunade@mhaorangenyny.com](mailto:jgogunade@mhaorangenyny.com)



Free, anonymous, and confidential

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