

# NY Project Hope

## Coping with COVID



**CRISIS COUNSELING PROGRAM**  
*Is Here in Our Community At*



Mount Vernon Neighborhood Health Center, Inc.  
107 WEST 4<sup>TH</sup> STREET, MOUNT VERNON, NY 10550  
914-530-3674  
ProjectHope@mvnhc.org

**Our Crisis Counseling Program Staff Are Ready To  
Share Our Strength-Based Training With You!!**

**WE ARE OUTREACH COMMUNITY WORKERS WHO COME TO YOU**

- CONNECT
- TALK
- COPE
- RELAX



**Our Services Are**  
**CONFIDENTIAL • ANONYMOUS • FREE**

**You Are Not Alone. We All Have Been Witness  
to the Effects of The COVID Pandemic**

**YOU DON'T HAVE TO STAND ALONE  
WE ARE STANDING WITH YOU**