

COVID-19 DIMMING YOUR HOLIDAY CHEER?



Brighten your season with free emotional support

The holidays are the most wonderful time of the year. But they can also be the most stressful. And with the threat of COVID-19 still looming, emotions are high and can be overwhelming.

CalHOPE can help with free emotional support for you and your loved ones this holiday season. Connect with us today to talk to someone who can help or to find more emotional wellness resources.



Call **(833) 317-HOPE (4673)**,
scan the QR code or live chat
at: **CalHOPE.org**



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