



# We're here to help you cope with the emotions and challenges of COVID

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  
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**Free, anonymous & confidential**  
Here to talk | Here to listen | Here to support