

## Information Session

## **Network of Neighbors**

Attention Northeast residents and community members impacted by the plane crash on Jan. 31.

Join us for a virtual information session on

- 1. Common reactions to overwhelming or traumatic experiences.
- 2. Practical strategies for supporting yourself and/or your family.
- 3. Information about additional support available to you, including free services.

You are welcome to keep your camera off during this information session. We ask you to register using the QR code or visit, <a href="https://bit.ly/NoN-26March">bit.ly/NoN-26March</a>. You do not have to provide your full or real name.

## Virtual

## Wednesday, March 26 from 6 to 7:30 p.m.

For more information email <a href="mailto:networkofneighbors@phila.gov">networkofneighbors@phila.gov</a> or call 267-233-4837.

Network of Neighbors is an initiative of the City of Philadelphia Department of Behavioral Health and Intellectual disAbility Services.

For more information, visit <u>DBHIDS.org/networkofneighbors</u>.

988 | SUICIDE & CRISIS LIFELINE



**SCAN ME** 

Photo: Steve Weinik