

Sandy Didn't Just Effect Adults!

People of all ages were impacted by the traumatic events surrounding Superstorm Sandy. Children particularly have experienced something that often times they can not put into words. Their expressions of fear, anxiety, and stress can be seen in many ways. These changes in your child's behavior can be very upsetting and can effect the whole family.

Is your child:

- Acting out, angry, aggressive, starting fights and home and/or school?
- Having difficulty resuming once "normal" routines and behaviors like sleeping in his or her own bed, going to school, and even potty training?
- Having nightmares about water, weather, abandonment, or loss?
- Withdrawing, becoming more clingy, avoiding new people or situations?
- Becoming easily upset, worried, or agitated, responding more quickly to a parent's emotional responses?
- Complaining of stomach aches, headaches, restless sleep, or not sleeping at all?
- Having difficulties at school either socially or academically?
- Speaking or playing about "the flood" or themes related to Sandy?



SOS (Sandy Outreach & Support)

YES Community Counseling Center is offering individual, group, and family counseling services to survivors of Superstorm Sandy who may still be struggling with the lasting emotional effects of the storm. Counselors are available to work with you and with your loved ones to build coping skills and develop healthy ways to manage the stressors and triggers surrounding the storm. Most insurances are accepted and no one will be denied services based on an inability to pay.

All services are confidential.

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