



We're Still Here...

ARE YOU..

- Still thinking about the hurricane more often than you'd like?
- Feeling nervous, anxious, or scared about it happening again?
- Feeling overwhelmed by paperwork?
- Noticing that your relationships have suffered since the storm?
- Having a harder time coping with everyday stress?
- Feeling sad, depressed, isolated, or alone?
- Noticing your children are talking about the storm, or bringing it up in playtime at home or in school?

Ongoing Support for Sandy Survivors

Everyone copes differently after a traumatic event like Superstorm Sandy. Survivors may experience a wide range of responses; sense of restlessness, fear, anxiety & anger, or experience nightmares, flashbacks, and depression—the responses are very personal. Although many of these feelings and emotions can be upsetting, it can be helpful to know that these reactions are normal. Recovery takes time and it requires rebuilding on many levels; physically, emotionally, and spiritually.

Take the time you need to recover and reclaim your energy!

Be patient with yourself!



SOS (Sandy Outreach & Support)

A program provided through YES Community Counseling Center will offer individual, group, and family counseling 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.

YES Community Counseling Center

75 Grand Avenue

Massapequa, NY, 11578

516-799-3203 info@yesccc.org

This initiative is funded through the
NYS Office of Children & Family Services

