



Seniors and the Superstorm

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?
- Feeling like you have lost your sense of independence?
- Feeling like you have no control?

Everyone copes differently after a traumatic event like Superstorm Sandy, and the senior community was faced with a unique set of challenges. Many have reported feeling a loss of independence, control, and purpose. Survivors may also 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.



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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