



PRESENTS

PROJECT HOPE

Project Hope is a series of free virtual mental health support sessions for

- ▶ first responders
- ▶ essential workers
- ▶ students

Mental health experts will provide guidance on managing relationships, staying connected while socially distant, overcoming compassion fatigue, dealing with vicarious trauma, and taking ownership of your time right now when everything feels out of control.



Starting online this November. Learn more at
www.explorecrossroads.com/projecthope

