

MANY FAMILIES ARE STRUGGLING RIGHT NOW.
IF YOU'RE FEELING OVERWHELMED, IT'S OKAY TO ASK FOR HELP.

We All Need Help Sometimes



Connect with your local
Family Resource Center:
www.frcma.org



FREE • CONFIDENTIAL
24/7 • MULTILINGUAL
WWW.MASS211.ORG

A program of your local United Way &
The Commonwealth of Massachusetts

IF THIS IS AN EMERGENCY, CALL **911**

YOU ARE NOT ALONE EVEN WHEN SOCIAL DISTANCING