



Need Help Finding Your Calm After the Storm?

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Ida Program offers **emotional support services, education, and community-based resources** for individuals and families affected by the aftermath of the **Hurricane Ida**.

The program aims to assist those impacted by the Ida storm to better **navigate new experiences, mitigate stressors, review options and find strategies to adapt to challenges**. We provide connections to agencies, programs, and other resources in the community.

We are here for you and your families with:

***Emotional Support Services
Housing Referrals
Food Bank/Pantry Contacts
Tools to Improve Wellness
Community Connections***

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