



Need Help Finding YOUR Calm After the Storm?

RWJBH IFPR Hope and Healing Ida Program offers **emotional support services, education, and community based resources** for individuals and families affected by the aftermath of the **Ida Storm**.

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.

Get reliable timely information from credible sources:

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

We are here for you and your families.
Please contact us at:

Hopeline # 833-795- HOPE (833-795-4673)

Email: hopeandhealing@rwjbh.org

Visit: rwjbh.org/hopeandhealing