



Agency Name	Counties Served	Populations Served	Description	Contact Information	Website
<p><b>Center For Family Services</b></p>	<p>Atlantic, Camden, Cape May, Cumberland, Essex, Gloucester, Morris, Passaic, Salem and Sussex Counties</p>	<p>Children/Youth/Families, First Responders, Healthcare Workers, General Population, Frontline Essential Employees</p>	<p>Are you feeling overwhelmed with how the pandemic has impacted your life and your family or your workplace?</p> <p>Free resiliency support is available to help you and your family or within your workplace. These resiliency-based services will provide a safe environment to explore ways to cope and manage stress during the pandemic. CFS offers the following virtual services:</p> <ul style="list-style-type: none"> <li>• Individual counseling to help build a sense of resiliency</li> <li>• Psychoeducation designed to build resiliency</li> <li>• Individual or family counseling to help children, teens and families build skills for coping and build resiliency</li> </ul>	<p><b>Helpline: 855.499.4325 (HEAL)</b></p> <p>Andrea Rao 609-405-7817 <a href="mailto:andrea.rao@centerffs.org">andrea.rao@centerffs.org</a></p> <p>Email: <a href="mailto:hopeandhealing@centerffs.org">hopeandhealing@centerffs.org</a></p>	<p><a href="http://www.njhopeandhealing.org">NJ Hope and Healing-Center for Family Services</a></p>