



Happy Easter

Happy Easter 🌸 Enjoy your time with your loved ones. But if you're feeling lonely today, if you're stressed, or if you have any other difficult emotions, 24/7/365 confidential help and support is available:
<https://lnkd.in/e5EgDWmy> #HappyEaster
#EasterSunday



**You're not alone
Help is Available**

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (Press 1)

Disaster Distress Helpline
1-800-985-5990

SAMHSA's National Helpline
1-800-662-HELP (4357)

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Our next virtual Parent Support group meeting will be on Thursday, 4/20, 7:30 PST.

Kind regards,
Madhavi Williams



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