



Are you a Tribal member Living with Stress? Isolation? Anxiety?

- ◆ Does the 2020 COVID-19 Pandemic have your family feeling stressed, isolated, worried?
- ◆ Are you a parent worried about your health and the health of your loved ones?
- ◆ Feeling guilty about not being able to perform normal work or parenting duties due to COVID-19 challenges?
- ◆ Are you or your family dealing with grief or loss due to the Pandemic? (i.e., loss of a loved one or job)
- ◆ You are not alone! Your family's emotional, spiritual, and mental health matters!
- ◆ Would you like some support?

The Families First UpFront Assessment Program offers a safe, confidential outlet to support you during this trying time. Please take a tab below if you would like to talk to an understanding peer.

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UpFront Assessment
509-724-9901

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