

**LONG ISLAND CITY HIGH SCHOOL
ZONE 126
THE CHILD CENTER OF NEW YORK**

Do you feel angry, sad or distant from
your friends and family?

Do you keep your feelings to yourself?

Is it hard to cope with stress?

Do you feel like no one understands
how the Coronavirus effected you and
your family?



**THE CHILD
CENTER OF NY**
Strengthening Family. Building Community.

**YOU ARE
NOT
ALONE**

It's okay to ask for
help. You don't have
to fight your battle
alone.



We are launching a safe and confidential space for Long Island
City High School students to express their feelings and
concerns.



Come join and support your fellow classmates!!!!



MONDAY THRU FRIDAY

From 3pm to 4pm

**JOIN US ON GOOGLE MEET
[CLICK HERE](#)**