

MANY FAMILIES ARE STRUGGLING RIGHT NOW.  
IF YOU'RE FEELING OVERWHELMED, IT'S OKAY TO ASK FOR HELP.

# We All Need Help Sometimes



Connect with your local  
**Family Resource Center:**  
[www.frcma.org](http://www.frcma.org)



**FREE • CONFIDENTIAL**  
**24/7 • MULTILINGUAL**  
[WWW.MASS211.ORG](http://WWW.MASS211.ORG)

A program of your local United Way &  
The Commonwealth of Massachusetts

IF THIS IS AN EMERGENCY, CALL **911**

YOU ARE NOT ALONE EVEN WHEN SOCIAL DISTANCING