



How is YOUR stress these days?

It is easy to get overwhelmed with the uninvited impact that COVID-19 has had on our personal and work lives. So much change which has led to higher anxiety, insomnia, irritability, and just not feeling yourself. What can you do?

It is important to **talk about it!** Abbe Center & Hillcrest Family Services have collaborated with the East Central Mental Health & Disability Services Region to offer **FREE** Mental Health Wellness Coaching sessions to anyone living in the following counties: Bremer, Benton, Buchanan, Dubuque, Delaware, Iowa, Johnson, Jones & Linn.

To schedule an appointment, simply give us a call:

- **Abbe Center for Community Mental Health – 319-398-3562**
- **Hillcrest Family Services – 563-207-5494**

