



***NY Project Hope***

***is now***

## ***BUFFALO HOPE***

### ***WHAT WE DO:***

- **H**elp City of Buffalo residents cope with recent traumatic events, through assessments, referrals & linkage activities and providing wrap-around supports.
- **O**ffer City of Buffalo residents emotional support and stress reduction techniques.
- **P**romote psychoeducation City of Buffalo residents to develop positive coping strategies.
- **E**mpower City of Buffalo residents to explore their options as they recover from recent traumatic events.

**Contact us**

**Buffalo Hope**

**Emotional Support Helpline**

**716-250-2478**

**Monday through Saturday**

**8:30am-6:30pm**

**Free & Confidential**