



Lucy Daniels Center

Helping children live emotionally healthy lives

Lucy Listens

FREE Support for Families Navigating Covid-19

In response to Covid-19, Lucy Daniels Center is announcing our mental health crisis response service:

Lucy Listens

In times of stress and uncertainty, such as those we are now facing with the spread of the Coronavirus (Covid-19), children look to caregivers for support and guidance in coping with abrupt changes in their world and how to process all of the feelings that follow. Caregivers alike face new challenges in supporting their children through these trying times while at the same time adjusting to working from home or the financial pressures of losing employment altogether.

Lucy Daniels Center is here to support both children and their families in navigating these trying times through our Lucy Listens program.

Lucy Listens provides up to 4 hours of **FREE, short-term, solutions-focused support for parents and their children** provided by a licensed mental health counselor.

- ▶ **Who:** Families of children ages 0-12 in Wake County
- ▶ **Issues Addressed:** Anxiety or behavioral issues tied to recent adjustments, as well as support for parents seeking to establish routines and structure for their child during these weeks at home. Our clinicians can also assist in connecting families to needed resources and evaluating need for more extensive mental health treatment if indicated.
- ▶ **Cost:** FREE for up to 4 one-hour sessions
- ▶ **Request a Consultation:** www.lucydanielscenter.com/lucylistens
- ▶ **Questions?** Contact Josie Sawyer
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