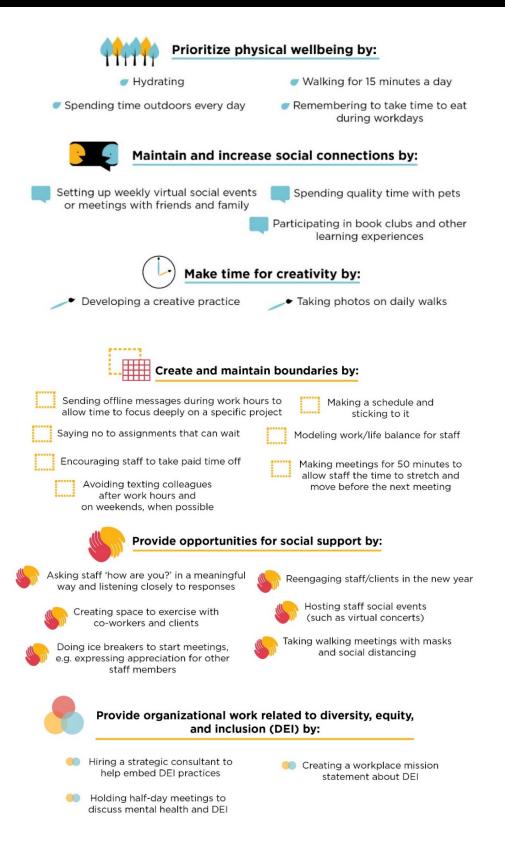
Self -Care Strategies for Home and Work





Find a complete list of available mental health at: nyc.gov/thrivenyc