

# FSGC wants to help you get through the pandemic.



## ARE YOU...

- Feeling scared?
- Feeling sad or afraid?
- Feeling stressed and anxious?
- Needing help finding food?
- Feeling isolated and lonely?

## HAVE YOU...

- Lost your job?
- Lost your home?

If you're struggling to get through your day, every day, you're not alone. Thousands of northeast Kansans are having a rough time during the COVID-19 pandemic.

Trained local professionals are ready to help you connect to Shawnee County resources for free.

Complete the contact form at: **FSGCtopeka.com/stronger** and one of our staff members will call back within 2 business days to assist you.

You don't have to go through the pandemic alone. Family Service & Guidance Center is here to help.

**Contact us today at  
FSGCtopeka.com/stronger.**



**KANSAS: STRONGER TOGETHER**

**Crisis Assistance Hotline- 1(800)-273-8255**

ksstrongertogether.org  
facebook.com/KansasStrongerTogether

FSGC is affiliated with the Kansas: Stronger Together initiative.



FAMILY SERVICE &  
GUIDANCE CENTER