

Do you have feelings of:

- **Anxiety/Worry**
- **Loneliness**
- **Isolation**
- **Frustration**
- **Sense of Loss**

A social check-in can help!

COVID Recovery Iowa is here to offer a listening ear for people with disabilities.

What COVID Recovery Iowa Can Do For You:

- Offer **FREE**, confidential counseling through a one-time meeting or ongoing basis
- Provide a social check-in, education about COVID, resources, activities, and social support programs.
- Communicate through phone, text, email, or Zoom.
- Offer individual and group social opportunities for people with disabilities

**Interested in a Social
Check-In with Us?
Sign Up Today!**

Call: 844-902-3770

Text: CHATBUDDY to 85511

Email: COVIDRecoveryIowa@iowacompass.org

Sign up on-line:

<https://go.oncehub.com/COVIDRecoveryIowa>