



# STRONGER TOGETHER

Building a healthy, resilient community by supporting emotional and mental well-being

**In today's fast-paced world, we often face challenges that can impact our mental and emotional well-being in ways we don't even realize.** The "Stronger Together" Initiative provides a supportive pathway to navigate through your emotional obstacles.

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#### Through the Stronger Together Initiative, we are committed to connecting you with:

- A Dedicated Care Coordinator to guide you through every step and ensure you are connected with services specifically tailored to your needs.
- Licensed Mental Health Providers trained in evidence-based techniques at the Bergman Institute of Psychological Support.
- Quality Services Without Barriers Funding for this initiative ensures that cost is not a barrier to receiving care.

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#### The Stronger Together Initiative can provide support when:

- Embracing and navigating lifestyle changes
- Experiencing a loss or breakup
- Coping with changes in your health or vision
- Experiencing relationship or communication issues
- You need a safe space to talk
- Caring for a loved one who is aging or who has a disability
- Feeling directionless, overextended or unorganized
- Feeling stressed or coping with difficult situations



To take the first step, scan here or visit our website at:  
[chicagolighthouse.org/stronger-together](http://chicagolighthouse.org/stronger-together)

TOGETHER, **WE ARE STRONGER.**