

JOURNEY TO HOPE: CEOC's Wellness Support Service

Have you been feeling stressed?
CEOC has a new service to help!

What is Journey to Hope?

Free, personalized support to learn wellness skills based on your goals to help you manage stress and reach a happier, healthier you!

This service is provided in these languages:

- Haitian Creole
- Amharic
- English

**“Start where you are.
Use what you have.
Do what you can.”**

- Arthur Ashe



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For more info or to make an appointment,
call CEOC at 617-868-2900.



CEOC