

Chimo Community Services is proud to offer:

## Coping with Obstacles and Processing Endings (COPE)

COPE is a new, short-term, individual counselling program for adults (19+) who are experiencing a transition through a life event such as:

- Grief
- Bereavement
- Other challenging life circumstances

COPE clients:

- Must live in Richmond
- Can receive up to 6 months of free service
- Can self-refer by calling Chimo's main office at 604-279-7077

COPE is available in English, Mandarin, and Cantonese.

*COPE is funded by Vancouver Coastal Health*

