



# PROJECT RECOVERY

## ***As Winter Turns to Spring!***

As we leave behind the cold and snow of winter, we look forward to warmer spring weather and a sense of renewed hope.

Although there may be a lot of work that needs to be done to repair the damage done by the floods and storms in the past year, there is help available to work through these challenges. You may still feel emotional effects of the disaster including: anger, fear, disillusionment and depression.

These are all normal reactions to an abnormal event.

If you find that you cannot get past these feelings, Project Recovery Outreach Workers are available to listen to your needs. Reaching out to other community members, friends, family or talking to an Outreach Worker may help you move through these feelings and on to a sense of hope for the future.

Events and groups are being planned in your area to focus on relieving stress and developing resilience. Committees have been formed to address unmet needs.

For information on any of these activities, please call or email:

**Toll Free: 1-844-260-7029**

**Email: [projectrecovery@couleecap.org](mailto:projectrecovery@couleecap.org)**

**Website: [couleecap.org](http://couleecap.org)**

**Find us on Facebook @ProjectRecovery**

*Project Recovery* is a service made possible through partnerships between the Federal Emergency Management Agency, the Wisconsin Department of Health Services, the Farm Center, Department of Agriculture, Trade and Consumer Protection, WISCAP, and Couleecap.