

Good afternoon everyone,

While there has been an endless stream of reporting on the COVID-19 crises, some of it even accurate, much is focused on the medical aspects, that is, social distancing, wash your hands, stay home if you're sick, etc., and not near enough on the growing emotional stress in our homes and communities. This situation is certain to worsen as restrictions continue, particularly for the many who have lost their sources of income, and even more so for those who are not eligible for benefits.

To hopefully provide some comfort and assistance to those who are suffering from anxiety, fear and other emotional stress, Puentes, through our MiDoctor program, will begin to offer free COVID-19 Information and Group Therapy Sessions through Zoom or one of the other remote conferencing services. I'm working with Jesse at Doctegrity, the underlying Provider for the MiDoctor platform, on content as well as dates but hope we will have the first session yet this week. While still under development, I envision participants registering through a link, possibly on the Puentes website, then being sent an invitation in the way we've all become accustomed to over the past few weeks. Again, this is in development, and I would welcome any suggestions you may have as to logistics, content or any other feature that would improve the program.

While we've all been trying our best to continue to serve, with community centers, libraries and other traditional gathering spots closed it has become difficult, at best, to disseminate information to those need assistance. I do understand the digital divide may preclude some, unfortunately in our most under-resourced communities, from participating and would very much appreciate any suggestions you may have as to how we might overcome that barrier.

Looking forward to your thoughts, and again please feel free to reach out to me if there is anything I can do to assist you and your teams in your own efforts.

As always, my very best,

Guy

Guy Girardin, President

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"Our mission is to serve as a bridge between what is, and what should be, through empowering those in need, no matter what income level or migratory status, with the wellness, educational, employment and support services offered by our community partners."

"Nuestra misión es servir como un puente entre lo que es y lo que debería ser, al capacitar a los necesitados, sin importar el nivel económico o su situación migratoria, con los servicios de bienestar, educación, empleo, y apoyo ofrecido por nuestros socios comunitarios."