**Refugee and Immigrant Wellness Services**

Wellness of the body, mind, and relationships

**You are not alone.**

LSI staff can help you with life’s challenges:

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| * Trouble sleeping * Deep thinking * Feeling overwhelmed * Relationship challenges * Problems with children * Racing thoughts | * Strong sadness or anger * Difficulty holding a job * Confusion or memory loss * Harmful thoughts or behaviors * Over-eating or under-eating * Health or services questions |
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What are Wellness Services?

Services are conversation-based. Staff help with emotional understanding, skill building, and connecting with support. All services partner with cultural advocates.

**“I finally feel hopeful instead of discouraged.”**

– an LSI client –