



MOST HOLY TRINITY PARISH

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Dear Most Holy Trinity Parish Families:

The events of the past few weeks have brought pain and distress to our parish. Emotions like shock, anger, disbelief, confusion, and an overall feeling of being overwhelmed are normal for adults; your children might be feeling the same and may not be able to verbalize those feelings to you. After collaborating with the Diocese of Scranton offices, the parish would like to offer the following resources to help bring comfort to you and your children:

The entire family may benefit from attending therapy sessions with a trained professional who can assist you with coping strategies so that life can improve for all of you. If you need someone to speak with, we encourage you to reach out to one of these services for assistance:

- Women's Resources of Monroe County, Inc: <https://www.wrmonroe.org/how-we-can-help/> While they are based out of Delaware Water Gap, they also have a satellite location at The Mountain Center in Tobyhanna; appointments can be made by calling 570-894-3272
- Community Care Behavioral Health Organization: <https://members.ccbh.com/find-provider> They have an office at the Mountain Healthcare Center in Tobyhanna and can be reached by calling 1-866-473-5862 or en espanol 1-866-229-3187

In addition, this situation may have brought up questions about internet safety for those under 18 and what you can do to help protect your children. Pennsylvania State Police Trooper Anthony Petroski III, the Community Services Officer from Troop N in Hazleton, will be hosting a presentation, "**Internet Safety & Bullying/CyberBullying**" at 6:30 pm on Thursday, December 2, 2021, at the Notre Dame Jr./Sr. High School Theater (60 Spangenburg Avenue in East Stroudsburg). His presentation will focus on preventative measures parents can take and awareness of what kinds of trouble is out there within social media and the Internet. For the safety of all, masking and social distancing will be required for all in attendance.

Yours in Christ,

Father Sean Carpenter, Administrator