

2020 March Newsletter









# **Coronavirus Pandemic:** We're Still Here for You





A note from Barry Segal, FFH Founder: In these unique times, Focus for Health will continue to provide you with unbiased, science-based health articles.

Stay Informed...Stay Healthy!

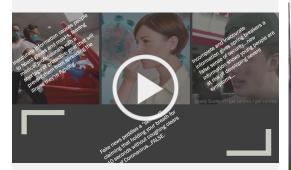
**Read More** 

Coronavirus/Covid-19



### Managing Mental Health During Quarantine

For many who already struggle with mental health issues, social distancing can make for an awful situation... <u>Read More</u>



#### Filtering Out Fake Coronavirus/Covid-19 News

Now, more than ever, we need to filter out inaccurate, misleading, and fake news. *Watch Our Video*.



# Coronavirus Deepens the Economic Divide in America

Some of us are struggling more than others...*Read More* 



#### 10 Ways to Ensure Your Coronavirus Food Doesn't Go to Waste

So your perishables are perishing. What to do...*Read More* 

### FFH is Proud to Support...







African Family Health
Organization provides
culturally sensitive health,
human, & educational
services to African &
Caribbean
immigrants/refugees in
Philadelphia, PA.

OneChild empowers youth to take action against child sexual exploitation and sex trafficking through prevention education, advocacy, and survivor empowerment.

The Mama Bear Effect is a nonprofit organization changing the way people think, talk, and respond to child sexual abuse.

### News from Our Sister Organization:





Segal Family Foundation partner, Gabriella Centre, was featured in the IPP Media article "Centre introduces vocational training for children with brain disorder."

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