



Because

Each Moment Matters



NILES
FAMILY
SERVICES

999 Civic Center Drive
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Niles, IL 60174

847-588-8460
(24 hour access)

HOW DO YOU FEEL?

Stressed Out?



- Find someone you trust to talk to
- It's always OK to talk about how you feel and what you need
- Remember you are never alone

- There are people who care about you and want to help!



AFRAID?



WORRIED?