

PROJECT REBOUND

User Rating: ○○○○○ / 0

Poor ○ ○ ○ ○ ● Best [View Comments](#)Local News Headlines

Written by Administrator

Thursday, 01 March 2012 09:06

Many individuals throughout the state have experienced the stress as the result of the April 2011 tornadoes. The statewide efforts of Project Rebound are available to assist survivors in the recovery process. A local team of crisis counselors is available in Jefferson, Blount and St Clair counties to provide emotional support, coping tips, stress management and resource linkage. The services of Project Rebound are free, anonymous and community-based. Our goal is to empower the survivor to rely on their own strength and resiliency during the recovery journey.

As we approach the upcoming one year anniversary, many persons may be feeling increased anxiety, sadness or anger. These reactions are healthy and common. Project Rebound can help you find positive ways to deal with these feelings. Talking about your feelings can be comforting and healing. We are here to help.

The local team can be reached at 205-767-2760 or through the 24/7 hotline 1-800-639- REBOUND. More information can be found at our website, [www/projectrebound.org](http://www/projectrebound.org) or you can visit Project Rebound on Facebook.

“Local people helping our communities bounce back from disaster”.

Like

**Add New Comment**[Login](#)

Type your comment here.

**Showing 0 comments**Sort by popular now \* [Subscribe by email](#) . [RSS](#)

[blog comments powered by DISQUS](#)