

During this current COVID 19 pandemic please take care of yourself, your kids and your seniors!

**Join in conversation with HOPE Clinic Doctors every
Thursday 4:00-4:30 PM
and ask your questions.
(April 23, 20-May 14th,20)**



**Callers can call during the segment at
1800-444-1061
free app on Android and apple.
humfmradio
Website
www.humfmradio.com**

Discussion Topics

04-23-20

Caring for Children and Youth during the COVID-19 pandemic

04-30-20

Caring for your loved ones (especially seniors in US and abroad) during the COVID- 19 pandemic

05-07-20

Caring for yourself during the COVID - 19 pandemic -(will discuss about the increasing domestic violence cases)

05-14-20

What to do we do when we come out of the COVID- 19 pandemic?(Building resilience)