



**MET  
COUNCIL**

Feeding the hungry. Serving the poor.  
Changing lives.

Together we can  
**end the cycle of violence**  
and bring safety and healing to our community.

If you are experiencing violence in your home,  
**KNOW YOU ARE NOT ALONE.**

Met Council can help you end this cycle.

**For free confidential services, call: 212-453-9618 or text: 917-540-0225**



Nechama Bakst, LCSW-R, Senior Director  
David G. Greenfield, Chief Executive Officer

