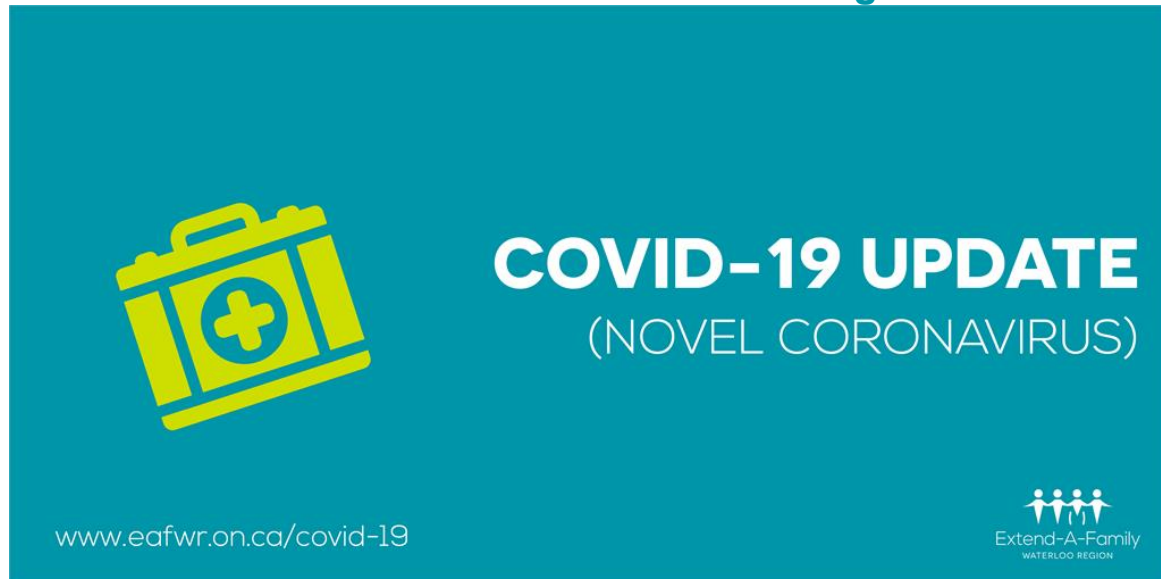


Date: March 17, 2020
From: Extend-A-Family Waterloo Region
From Email: info@eafwr.on.ca
Subject: Resources and Activities from EAFWR during COVID-19 - March 17, 2020



Resources and Activities from EAFWR during COVID-19



March 17, 2020

Dear Families, Staff, and Friends of EAFWR,

As we navigate the rapidly evolving COVID-19 situation, we recognize not only the impact this has on how we work and support one another, but how we connect as we continue to practice social distancing.

As an organization, we understand and value the importance of mental health and well-being. Given how quickly this situation keeps unfolding, we know there may be some concern, anxiety, stress around understanding recent developments around COVID-19. We wanted to share some resources and activities that may be helpful to you. This will also be shared on our website at www.eafwr.on.ca/covid-19 and will be updated.

Self-Assessment and Screening

Are you or a member of your household feeling unwell and experiencing the following symptoms:

- Fever, new cough, difficulty breathing, or a combination of these symptoms
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea?
- Have you travelled outside of Canada in the last 14 days?

- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

COVID-19 Resources

- [Know the Facts: About Coronavirus Diseases \(COVID-19\)](#) (Public Health Agency of Canada)
- [Know The Difference: Self-monitoring, self-isolation, and isolation for COVID-19](#) (Public Health Agency of Canada)
- [How to self-monitor](#) (Public Health Ontario)
- [How to self-isolate](#) (Public Health Ontario)
- [Cover Your Cough - Clean Your Hands](#) (Region of Waterloo Public Health)
- [Social distancing](#) (Government of Canada)

Phone Support

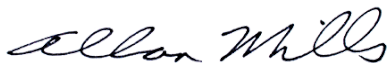
- [Kids Help Phone](#): Call 1-800-668-6868 or text 686868
- [Help 247](#): 1-844-437-3247

Resources

- [Care for Your Coronavirus Anxiety](#) (A Project by Shine)
 - [“5 mental health tips amid COVID-19 concerns”](#) (Canadian Mental Health Association)
 - [Reducing anxiety related to COVID-19](#) (Canadian Mental Health Association)
 - [Coping with stress during the 2019-nCoV outbreak](#) (World Health Organization)
 - [Thinking about Coronavirus: Let's Take Care of Each Other - Wash your Hands and...](#) (Inclusion Press)
 - [Mindfulness](#) (Karen Bennett, Director of Organizational Development and Training, EAFWR)
- Activities
- [Take a virtual museum tour](#)
 - [Enjoy free opera performances](#) - live streamed by the Metropolitan Opera
 - [Check out this film](#) from Open Learning Future
 - Do you have a library card from Kitchener Public Library? [Enjoy free music from Freegal Music](#) and [access e-Books and Audiobooks](#)
 - Try out a [60 second meditation](#) from Pixel Thoughts
 - The [Balance app](#) is offering a free one-year subscription. Email access@balanceapp.com for instructions

We encourage you to continue connecting with one another, whether it is over the phone or online. Together, we can continue the valuable connections and relationships we have and be #BetterTogetherWR, at a distance.

#BetterTogetherWR,



Allan Mills
Executive Director