

Taking Care of Ourselves and Taking Care of Each Other

To all our wonderful families,

Please know that we are thinking of you and that we miss you.

Thank you to Mrs. Smith for putting together this short list of resources to help reduce anxiety that is normal during uncertain times.

1. Websites:

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

<https://www.actionforhappiness.org>

<https://www.classdojo.com/mindfulmoment/> (Visit Caitlin's 15 min. Mindful moment)

<https://www.youtube.com/watch?v=9clSEuzriLI> Story time with Lynn; A Little Spot of Anxiety (You tube) Teaching a helpful strategy that with practice, can help manage fear.

2. App:

Clear Fear- Anxiety App. Free and good for the whole family; reminders to exercise, eat healthy and get a good night's sleep. A great resource!

3. Phone Numbers:

- a. **Adam Support line** <http://www.adam.mb.ca/blog/adam-s-new-support-line-info>
(Anxiety Disorders association of Manitoba)- Please call 204-925-0040
- b. Aulneau Renewal Centre <https://aulneau.com/counselling/register-for-counselling/>

· Wellness Checks – in English and French; The Aulneau Renewal Centre in Winnipeg is facilitating wellness checks to help address the anxiety people may have due to COVID-19. Via a phone call, a counsellor will be able to provide information on coping tools, strategies, and resources during this difficult time. Note: This is not a counselling session, but a check-in that will be used as an opportunity to educate people about what they can do to help address the anxiety they are experiencing. This FREE service is for all clients and community members. You do not need to be a client at Aulneau Renewal Centre for this service.

• **Please call 204-987-7090**

4. Calendars

<https://www.actionforhappiness.org/calendars>; The calendar below is downloadable...



As the COVID19 crisis may also be a financial burden to many families, please consider reaching out...

To the Winnipeg Harvest Food Bank- 204-982-3660; you will need a Manitoba Health Card <https://winnipeg Harvest.org/need-help/need-food/> **New Measures during COVID19

This is only a sampling of supports available to families. If you have any questions, please email, Mrs. Smith, Lord Wolseley School Guidance Counsellor, at nsmith2@retsd.mb.ca or get in touch with your classroom teacher.

Stay positive and stay in touch. It's truly amazing how people are responding.

Lord Wolseley School Staff