

COVID-19 Tips, Tricks & Resources

FINANCIAL SUPPORT

- Major Banks have offered up to 6 months of deferred payments, Check with your bank to see what options are available.

GROCERIES & SUPPLIES

- Check with your local grocery stores. Many offer online ordering with a pick-up option.
- Save-on-Foods and Spud.ca offer delivery.
- Loblaws and Sobeys grocery stores offer special hours for seniors and those "At-Risk".
- Contact your local pharmacy. Many offer prescription delivery.

SOCIAL SUPPORT

- See if your community has a Facebook page.
- People are offering support to pick-up supplies for the seniors and those who are medically compromised in their community.

SEE KWCS FACEBOOK PAGE for links to helpful resources.

KWCS Support Counsellors can be reached through: **780-496-2459** if you have questions and concerns.

We want to hear from families—please post your suggestions!
TOGETHER, WE WILL GET THROUGH THIS!

