



AS A PRECAUTIONARY MEASURE AGAINST THE COVID-19 VIRUS, OUR FACE-TO-FACE SERVICES ARE TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE

These changes will be regularly assessed and are in place until further notice.

If you have any questions about COVID-19 screening or require information, please call:

Diedre Dupuis, Client Care Coordinator: 705-856-0129 x 241 or 705-914-0296 or Toll Free 1-833-564-2726

COVID-19 Information and Updates

If you have a new cough/cold symptoms and fever above 38°C and have recently traveled outside of Canada or have had contact with someone who has, you should self-isolate for 14 days and monitor symptoms.

If you are looking for general information, travel advice, and updates about COVID-19, you may also find what you're looking for through one of the following:

- Chapleau Covid-19 Info Line: 1-844-502-5346
- Government of Canada COVID-19 Information Line: 1-833-784-4397
- Public Health Ontario: 1-877-543-8931 www.publichealthontario.ca

If you are concerned that you may have been exposed to, or are experiencing symptoms of COVID-19(cough, fever, runny nose, sore throat, difficulty breathing), contact:

- Telehealth at 1-866-797-0000.

Message from Melody Hawdon, Mental Health Wellness Worker

Hello, as you are most likely aware, the government has directed everyone to practice social distancing. So unfortunately I have to cancel all appointments until the government is assured us that we are in a safe downward trend of spreading the virus. Once we are advised of this I will be calling everyone to rebook as soon as possible.

I would like to let everyone know that I am still available by phone or use of technology for face to face appointments. I encourage you to call me if you need to talk. I have extended my hours, Monday to Friday 8:30am to 6:00pm to help those who are still working and need to talk. If you need a later appointment due to your work schedule, please email me and we can set up a specific time for you.

Contact information:

Melody's cell 705-904-4158 and email melody.hawdon@nmninoeyaa.ca

I have added some very helpful resources for you to look at during this difficult time. I have included both adult and children's tools for relaxation and activities that can be done together.

FUN ACTIVITIES FOR KIDS AND ADULTS TO PLAY TOGETHER!!!

- Stay-At-Home Care Package by Big Life Journal.pdf – [Click Here](https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view?ke=eyJrbF9lbWFPbCl6ICJtZWxvZHllbGFpbnUyMDAwQHIhaG9vLmNhliwgImtsX2NvbXBhbmlfaWQiOiAiTU1TYWJmIn0%3D)
<https://drive.google.com/file/d/1U26PKLsQ-FpPrx3OUzDDkLqK27-fbDhG/view?ke=eyJrbF9lbWFPbCl6ICJtZWxvZHllbGFpbnUyMDAwQHIhaG9vLmNhliwgImtsX2NvbXBhbmlfaWQiOiAiTU1TYWJmIn0%3D>

FOR CHILDREN BREATHING AND MEDITATION

1. KIDS MEDITATION - SQUARE BREATHING (Focus & Calm) (Under 3 minutes) [Click Here](https://www.youtube.com/watch?v=YFdZXwE6fRE&feature=youtu.be)
<https://www.youtube.com/watch?v=YFdZXwE6fRE&feature=youtu.be>
2. Breathing Superpower Compilation: Kids Mindfulness (12:00 minutes) [Click Here](https://www.youtube.com/watch?v=hw_Wfr7cAig&feature=youtu.be)
https://www.youtube.com/watch?v=hw_Wfr7cAig&feature=youtu.be

FOR ADULTS BREATHING AND MEDITATION

1. Mindful Breathing Meditation (10 minutes) [Click Here](https://www.youtube.com/watch?v=Cp7pnHCY94U&feature=youtu.be)
<https://www.youtube.com/watch?v=Cp7pnHCY94U&feature=youtu.be>
2. 20 Minute Relaxing Body Scan for Grounding Energy / Grounding Meditation [Click Here](https://www.youtube.com/watch?v=pkNGjep3bjU&feature=youtu.be)
<https://www.youtube.com/watch?v=pkNGjep3bjU&feature=youtu.be>
3. 15 Minute Super Deep Meditation Music: Relax Mind Body, Inner Peace, Rel... [Click Here](https://www.youtube.com/watch?v=allE133EUqI&feature=youtu.be)
<https://www.youtube.com/watch?v=allE133EUqI&feature=youtu.be>
4. Body Scan Meditation (Tame Anxiety) (Under 9 minutes) [Click Here](https://www.youtube.com/watch?v=QS2yDmWk0vs&feature=youtu.be)
<https://www.youtube.com/watch?v=QS2yDmWk0vs&feature=youtu.be>

If you feel you need more resources, please contact me and I can try to find something specially for your individual needs. Please share this message within your community so that no one is left feeling alone during this time of limited resources.

YMCA has exercise videos of for all ages for FREE!! <https://ymca360.org/>

A link for a webinar talking about **an Indigenous prospective on Covid-19**

<https://m.youtube.com/watch?v=K57p0gApbz4>

Irene Armstrong Integrated Care Manager 705-914-1135 Irene.Armstrong@nmninoeyaa.ca

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Important Numbers/Websites

Telehealth Ontario

1-866-797-0000

Public Health Control of Infectious Diseases Program

705-522-9200 ext. 301 1-866-522-9200 After Hours 705-688-4366

Sudbry & District Public Health - Chapleau

705-860-9200

Chapleau Family Health Team

PH: 705-864-0210

Maamwesying North Shore Community Health Services

1-833-564-2726

Mental Health Wellness Worker Melody (available over the phone/video chats):

Melody's cell number 705-904-4158

Melody's email melody.hawdon@nmninoeyaa.ca

Irene Armstrong Integrated Care Manager 705-856-0129 ext. 243

Chapleau Hospital

705-864-1520

Saari Medical Clinic

705-860-9859

The Sacred Tree Wellness Centre

PH: 705-860-6000

Chapleau Cree Health Centre

705-864-0200

Turning Point – Chapleau Hospital

705-864-1919

Chapleau Model Drugstore

705-864-0472

Non-Emergency NAPS/OPP

1-888-310-1122

ONLY CALL 911 IF IT IS AN EMERGENCY

Important Numbers/Websites

COVID-19 Public Resources

www.publichealthontario.ca

COVID-19 Self Assessment

<https://covid-19.ontario.ca/self-assessment/#q0>

Ontario Ministry of Health

www.ontario.ca/coronavirus

Government of Canada

www.canada.ca

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www.nan.on.ca/covid19