

COVID-19 RESOURCES

Supporting individuals,
families and caregivers.

Find answers to your COVID-19 questions,
share experiences and discover events to
stay active and connected.

COVID-19 Information

Our library of resources offers the information
and support you need around COVID-19:

- Plain Language Resources
- Resources and Supports for Caregivers
- COVID-19 Healthcare Resources
- Mental Health and Wellness
- Virtual Connections and Online Programming
- Education and Learning at Home
- COVID-19 Financial Support
- Helpful Websites

Virtual Events Calendar

Discover free events, activities and webinars
from the comfort of your home. The Virtual
Events Calendar is brought to our resource
page by MyCommunityHub.



Visit our resource page at
<https://connectability.ca/covid-19/>

*The COVID-19 Resource Page was developed
with the support of the Ministry of Children,
Community and Social Services.*

Virtual Support

Whether you're looking to speak with
an expert or just looking for someone
to talk to, we're here to support you.



Connected Families

A chatroom for individuals and
families to ask questions and
share experiences.



Submit Questions

Send us your questions about
COVID-19 and we will connect with
you as soon as possible.



Friendly Connections

Sign up to stay connected through
fun deliveries such as a postcard or
friendly email just to say 'Hi'.