

April 6, 2020

## COVID-19 – Family Update

Dear Families,

As we move into April, and we all continue to 'hold the line' for the ones we love, we hope you are all doing as well as possible during this time. We aim to make life just a little bit easier for you, by sharing some updates and new resources to explore.

We also would love to hear from you. Drop us a line anytime to let us know how you're doing, and if you have any tech barriers that make accessing information on the internet tough. We'll do our best to help you make the most of the content that is being shared online.

## CLBC 2<sup>nd</sup> Teleconference – Recap of Key Developments

The screenshot shows the CLBC website interface. At the top, there is a navigation menu with links: About Us, What's New, Provincial Projects, Resources (highlighted), Community Councils, For Service Providers, and Contact. Below the menu is a search bar with the text "What can we help you find?" and a search icon. A red alert banner reads: "ALERT: CLBC has created webpages on our site with important information and updates related to Coronavirus, or COVID-19. You can find information for individuals and families here. You can find information for service providers here." Below the banner is a large image of a smiling man and woman. A green "Resources" button is visible. The main content area shows a breadcrumb trail: "Home / Resources / Information about the Novel Coronavirus (COVID-19)". The title is "Information about the Novel Coronavirus (COVID-19)". Below the title, it says "Check this page regularly. CLBC will post updates as needed." There is also a small "CLBC COVID-19 Weekly Update for individuals and" link.

On April 2<sup>nd</sup>, Community Living BC hosted their second public conference call with the Honourable Shane Simpson, Minister of Social Development and Poverty Reduction, Deputy Minister David Galbraith, Dr. Daniele Behn Smith, Deputy Provincial Health Officer, and Community Living CEO Ross Chilton for the latest updates on services and supports.

One highlight from the teleconference was the announcement that the provincial government is temporarily adding \$300 to the monthly amount people on income and disability assistance receive to help them during the COVID-19 crisis. The benefit will come with the next round of cheques on April 22, with no application required. There will also be a temporary payment in the amount of a bus pass, for those who are registered.

CLBC will be releasing an audio transcript shortly, [please click here](#) for more information and visit their resource page for individuals and families, which is updated weekly.

## Family Support Institute (FSI) - Staying Connected and Supported

 <p><b>FSI'S RESPONSE TO COVID-19</b></p> <p>FAMILY SUPPORT Institute of BC <i>enabling opportunity, providing</i></p> <p><b>COVID-19 HUB</b> Stay healthy. Stay connected. Stay supported.</p> <p><a href="#">Click here for more info!</a></p> <p>During these uncertain times of the COVID-19 pandemic, we want to reassure you that the Family Support Institute has remained open and fully functional. Our volunteer Resource Parents are engaged and willing to support you via telephone, email, text or online video meetings.</p> <p>We know that at this time, isolation is a risk and we are doing all we can to ensure that families stay connected. We understand that many families are feeling high levels of stress and anxiety and may benefit from peer to peer support.</p> <p>Please click <a href="#">here</a> to view the options we have put together to help support you!</p>	<p>The Family Support Institute of BC strengthens, connects and builds communities and resources with families of people with disabilities in B.C.</p> <p>To connect with others during this uncertain time, please join the online video chat room, or read helpful COVID 19 resources by visiting: <a href="http://familysupportbc.com/covid">familysupportbc.com/covid</a></p> <p>Prefer a call? Phone 604-540-8374 Toll Free 1-800-441-5403</p> <p>And get connected!</p>
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## Your COVID Care Kit – Managing Grief and Practicing Self-Care

  <p><b>Today's Message:</b></p> <p><b>It's Okay to Be Sad</b></p>  <p><b>It's okay not to be okay.</b> Make time for your mental health and find self-care strategies that work for you.</p> <ul style="list-style-type: none"><li>• Acknowledge that your feelings are valid. It's normal to feel worried, stressed, overwhelmed, angry, or scared during a crisis.</li><li>• Pay attention to your needs. Try to eat healthy, get enough sleep, exercise regularly and engage in activities you enjoy and find relaxing.</li><li>• Stay connected. Check in with loved ones and share how you're feeling.</li></ul>	<p>This week's COVID Care Kit is all about managing difficult emotions. Whether you're feeling grief, anxiety, stress or other discomfort, making time for your mental health can help. In this issue, you'll find mindfulness activities, advice from an expert on managing grief, and a free online program to help you handle stress and anxiety from COVID-19. Find it attached.</p>
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## Online or by phone, co make do connects us to the wider world!



**co make do**  
A platform for digital community,  
where everyone is welcome.

Social distancing doesn't have to mean  
social isolation, join us and get  
connected with new and old friends.

at [comakedo.ca](https://comakedo.ca) we offer..

-  **Calendar of Events**  
Digital events with new topics every week,  
hosted by co make do on our secure zoom.
-  **Ideas and resources for things to try**  
A collection of all of the best resources and  
ideas for things to do anytime from around  
the internet.
-  **Tech Help**  
A collection of tech resources to help you get  
connected. Still need help get in touch with our  
tech support and we will help you troubleshoot

Every week, co make do will offer up a range of experiences to connect neurodiverse folks with self, community, and the wider world. These experiences will take place online, using YouTube, Facebook Live, Zoom *and* over the phone, for those without Internet access. They will also offer tech support for those new to digital platforms. All experiences are designed to be doable and safe. [Click here](#) to explore their website and learn more about their offerings!

## Leading with Heart

Check out these wonderful acts of kindness amongst our team members, persons served, and our greater community. If you have any stories of resilience, beauty and joy, please share them with us.



*The front window at Aegis in New West!*



*We're grateful for community partners like Parallel 49 Brewing Company and Downtown Kia's Community Support team, who delivered this COVID19 care package! This hand sanitizer headed to the homes of some of the folks we support who are especially vulnerable at this time.*

We wish good health for you, your families, and your communities.

Sincerely,

Fernando Coelho, CEO  
*posAbilities*