

Helping each other through COVID-19

Do you have a Kinsight Life Guide or Employment Specialist, Life Skills Worker or Community Support Worker? If you answered **yes**, then this message is for **you!**

Because of COVID 19 (also called the Coronavirus) it is a very good idea for you to stay at home and stay in touch with your Kinsight Worker, family and friends over the phone or on the computer. We know that might be hard to do.

We know you'll **need groceries and supplies** so you can stay safe and healthy.

We know you'll need **things to do** so you don't get bored or lonely.

We know that **money might be more tight than usual** and you might need some help.

Here are some things the Kinsight COVID-19 Community Outreach Team can do to help:

- We can deliver food and supplies to you.
- We can give you a gift card so you, or a friend, family member or neighbour can go grocery shopping.
- We can deliver Activity Boxes to you that are full of interesting and fun things to do at home.
- We can help you connect to [CoMakeDo.ca](https://comakedo.ca), a website that is full of learning and social activities to do on the computer while you are at home.

Your Kinsight Worker will talk to you about all of this soon and help you sign up for food/supply boxes, gift cards, activity boxes and the comakedo.ca website. But if you don't want to wait to sign up, get in touch with your Kinsight Worker now! If you don't know how to reach the person you usually talk to at Kinsight, please call our office at 604-525-9494.

We're in this together, and together we'll make it through.

Kinsight.org

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**Everyone's welcome.
Everyone belongs. Everywhere.**