

## COMMUNIQUE #12

### PassportONE

At the request of many agencies and with the assistance of provincial organizations, the province has revised the eligible expenses for Passport during the COVID-19 pandemic. Individuals can now enjoy technology (tablets, laptops), arts and craft supplies as well as physical activity equipment. Please note this is for a limited time only. Please see the following link for more information:

<https://mcss.gov.on.ca/en/mcss/programs/developmental/serviceSupport/passport.aspx>

### ESSENTIAL WORKERS STRONG

CLA has posted an Essential Worker Strong banner at the main office in order to recognize the work that you are doing on the frontlines. Again we thank you for your dedication to the people we support!



### VIRTUAL PROGRAM



Our calendar for next week is set and it is going to be a lot of fun and very engaging for the Individuals we support! Please see attached calendar and be sure to follow the Zoom links to help people get involved! Our Talk and Learn Facebook page is also full of great information with some cool (furry) guest speakers: <https://www.facebook.com/groups/clatalkandlearn>

### RESOURCES FOR PEOPLE STRUGGLING WITH STRESS, ANXIETY AND SUBSTANCE ABUSE



The Canadian Centre on Substance Abuse and Addiction has developed facts, tips and resources to help Canadians cope with stress, anxiety and substance use during COVID-19. Topics covered include the signs and symptoms of anxiety or stress, and coping mechanisms like square breathing. Click here to see the resources available, including one for frontline service providers.

<https://www.ccsa.ca/canadian-centre-substance-use-and-addiction-and-mental-health-commission-canada-highlight-healthy>

*We're all in this together, and together we've got this!*