

Supports For COVID-19

County of Two Hills, Town of Two Hills, and Village of Myrnam

In Home Support Program: The Two Hills FCSS is providing temporary support to vulnerable seniors, individuals and families in our community. The service is available to members of the community that do not already have supports in place. If you have family or friends that can provide support, we strongly encourage that they be accessed first.

Volunteers are currently being recruited by the FCSS to provide this service. The criteria for being a volunteer is:

- You have not had social contact with COVID-19
- You have not traveled outside the country since March 12th, 2020
- Have a vehicle, valid driver's license, and insurance.
- Must not have been in a gathering of 10 or more people in the last week.
- Have or qualify for a clear criminal record check.

The service is available to all residents of the County of Two Hills, Town of Two Hills, and Village of Myrnam who are isolated due to the COVID-19. In order to qualify for service, isolation must be a direct or an indirect result of the COVID-19. Individuals accessing the service must not have any other means of support, either through family members or friends. Examples of the service include transportation of delivery of groceries, prescriptions, and mail pickup. Arrangements must be made with the vendor for payment of purchased goods prior to the volunteer pickup and delivery.

To Volunteer or Receive service please contact the
Two Hills FCSS Office at 780-657-3540
or email thfcssoffice@gmail.com

Hello Families!

Here are some resources for your kids explaining ways to cope with what's happening in the world:

For Younger Children

Ana Gomez has written a beautiful book for children to help them understand and deal with the strong emotions they may be feeling during this challenging time:

https://88f932eb-a25c-49f8-bd38-4b1e68103936.usrfiles.com/ugd/88f932_b2e28eaa537a48708d3a691eb2297c24.pdf

MANUELA MOLINA - @MINDHEART.KIDS provides a story book for young children:

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

A helpful video to watch with your child:

<https://www.youtube.com/watch?v=OPsY-jLqaXM>

Talking with Your Children about Covid 19

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Ftalking-with-children.html

<https://www.youtube.com/watch?v=WhVad8ToCiU>

Helping Children Cope

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Just For Kids: A Comic Exploring the Coronavirus:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Cree Speaking Raven Puppet gives Covid-19 Health Information

<https://www.cbc.ca/news/canada/manitoba/covid-health-information-cree-raven-1.5528099>

Alberta Health Services Information on Covid 19 and your Mental Health

<https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-covid-19-and-your-mental-health.pdf>

Responding to Uncertainty During a Crisis: For Athletes of All Levels

<https://t.co/V2WoMniVIN?amp=1>