

# CULTIVATING COMMUNITY WELLNESS

Resources

## Feeling Stressed? Tired? Unable To Cope?

Check out these resources...

- **Red Cross Self-Care & Wellness**  
Online Module + Virtual Workshop
  - This course is about anticipating stress and crisis in your own life and equipping yourself with the skills to practice self-care. Click [here](#) for more information
  - Register via the Course Registration System (Choose Corporate + Date)



Click [here](#) for more self-care resources on



**Cultivating  
Community  
Wellness**  
[Resources](#) +  
[Webinars](#)

**Not Sure How To Connect  
People Supported With  
Families & Community?**

**Watch this Cultivating  
Community Wellness Webinar**

**Building Bridges  
Between Families  
& Staff as we move  
through the pandemic**



**ADULT INTELLECTUAL &  
DEVELOPMENTAL DISABILITIES**

Below is a list of possible topics:

1. Our Wellness and Self-Care
2. Aging and Dementia
3. Understanding and Addressing Trauma
4. Revisiting Mental Health and Wellbeing During the Pandemic
5. Grief & Loss – Practical Strategies
6. Learning from Self-Advocates and Families

Join the Developmental Services Sector in getting Active

### JOIN THE PARTICIPATION MOVEMENT!

Be part of the 'True North Challenge' from February 21st-21st! Every team that joins through the pin 'BestJob' and gets at least 2000 'move minutes' will be entered to win a \$500 Amazon gift card.

#### To Join:

1. Download the ParticipACTION app (Google Play or App Store, and create a profile (if you haven't already!))
2. Enter our unique PIN number #BestJob through the Profile screen
3. Choose your region
4. Please include your agency name in your team name (so we can find you if you win)



Any questions contact Holly Duff  
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## GET ACTIVE

One way to reduce  
stress and get healthy

Click [here](#) to access the poster

## JOIN THE CHALLENGE