

Dear Palisade Gardens and James Club Employees:

Now more than ever before it is a time to take care of ourselves and each other. I recently shared some resources to help those of you who've been experiencing worry and anxiety due to the COVID-19 pandemic, I hope you found them useful.

I want to remind you to check in with yourself. If you're feeling stressed, or if you're tired, take a few minutes to regroup – focus on your breathing, go for a brief walk outdoors, stretch – it will do a world of good. Most importantly, don't hesitate to reach out to your manager, or to me directly, if you need help. We are here to support you.

Please know that we continue to implement all protective measures and follow the latest guidance from our municipal and provincial public health agencies, as well as the latest guidance from the Public Health Agency of Canada. That said, it's too early to know how long the pandemic will last and so I wanted to remind you of the resources available to you, including:

- **NEW:** CAMH has developed [resources and information to support the incredible health care workers](#)
- [CMHA offers tips to support mental health amid concerns of COVID-19 pandemic](#)
- [Pandemic pushing your anxiety buttons?](#)
- ['Social distancing' is a misnomer: we should be physically distancing, but remain as social as ever](#)
- [I'm feeling stressed due to the pandemic](#)
- [Caring for children in the COVID-19 crisis](#)

I also want to encourage all Palisade Gardens and James Club employees to take advantage of the Members Assistance Program (MAP) offered by your Union. Locals 175 & 633 members have access to confidential counselling for stress, anxiety, depression and a variety of other concerns. Call Labour Community Services at 416-977-6888 or 1-877-801-7762 to access this valuable resource.

I can't thank all of you enough for your commitment and dedication to keeping our residents and community safe, for pushing up your sleeves and rolling with the punches – I know there have been a lot. Please know that your work is not going unnoticed, or unappreciated.

We value each and every one of you and can't wait until we can celebrate all of the hard work you've put in. Until then, please take care of yourselves and each other.

Micki McLean