We appreciate your patience during this time as we do everything we can to make this situation as easy as possible. We look forward to welcoming you back once COVID-19 improves and we are able to open our doors as usual.

Norwest recognizes the importance of having someone to talk to especially during times of social distancing. Over the Phone and some In-Person counseling sessions available. Call (204) 938-5900.

**Available Services**

Join us daily on Facebook Live for Exercise, Self-Care and Family activities:

- https://www.facebook.com/RCBlakegardens/
- https://www.facebook.com/NorwestOnAlexander

- Community members who need assistance regarding resources or food can contact our staff. We will try to accommodate and help to the best of our ability. You are not alone, we are here to help!
- **Kids Breakfast**: Children and parents can pickup healthy breakfast at Blake. One per child. Meals will be provided in to go containers.
- **Community Lunch**: Community members can pickup delicious lunch at the resource centre. Meals will be provided in to go containers, please do not bring your containers from home.
- **Free Fruit & Veggie Market**: We will continue to provide fresh groceries at our resource centre.
- **Need to Talk?**: Call to schedule a phone counselling session. For crisis, please call (204) 786-8886. Mon-Wed 9:00am-5:00pm, Call Caprice at (204) 479-2426 Wed-Fri 9:00am-5:00pm, Call Danae at (204) 918-6186
- **Access Food**: Please call (2040 982-3660 to book your appointment at your local food bank.
- **EIA**: please call their central line at (204) 948-2888. We can provide contact information and limited use of our phone.
- **Community Drop-in**: cancelled until further notice

**Community Food Centre**

- https://www.facebook.com/norwestcfc
- All food programs will be provided in take-out containers.

*Early Years Play-cation Activity Kit available on Wednesday & Friday during meal pickup.

**Food & Hygiene Kits**

- **Fruit & Veggie Market**
- **Access Food**: Please call (204) 982-3660 to book your appointment at your local food bank.
- **EIA**: please call their central line at (204) 948-2888. We can provide contact information and limited use of our phone.
- **Community Drop-in**: cancelled until further notice

**Family Violence**

A Woman’s Place is here to help women and children impacted by family violence during COVID-19. We offer counselling and support, safety planning, protection orders, legal consults and representation. Interpreter services available to women who need it.

**To talk to one of our counselors call (204) 940-6624**

Visit norwest.ca for more information

**New hours starting April 20th**

**Monday-Friday 9:00am-9:00pm**

**Child Care Centres are CLOSED**

As of Friday, March 20th daycare centres are closed in response to the COVID-19 pandemic. This has been mandated by the provincial government.
**Primary Care**

- **Most appointments will now be over the phone.** If an in-person exam is required, your health care provider will let you know after you have talked to them on the phone.
- **Walk-in clinic** - Please call us first at 204-938-5900 between 12:00 PM – 7:30 PM Monday through Friday and 9:00 AM – 4:00 PM weekends and Stats to receive an over the phone assessment. If an in-person exam is required we will let you know after you have a phone assessment.
- **To keep you, our community, and our staff safe and healthy** - Everyone who comes to NorWest will be asked screening questions about COVID-19 before they can enter the building.

**Hans Kai**

https://www.facebook.com/NorWestHANSKAI

We do want to provide you with tools and resources to stay healthy and well during this difficult time.

We encourage you all to check it out for some fun & exercise:

**Monday-Friday**

- 2:00pm-2:30pm  
  Facebook Live Exercise with Mike Sadlowski

For those interested we will be sending out health tips and recipe ideas to any interested participants. Please message us on Facebook to be added to an email list.

**Youth Hub**

https://www.facebook.com/NorWestYouthHub/

*Drop-in and face to face counseling is closed.*

Norwest Youth Hub is currently offering scheduled appointments for:

- Telephone counseling
- support
- Brainstorming resources
- Resource navigation
- coping tips
- information around mental health, addictions, and employment

Call us at (204) 221-9800

**Youth QuaranTEEN Support Line:** (204) 792-2277

Monday-Saturday 3:00pm-8:30pm