

Mental Health Resources	
Self-Care & Resilience Guide (Mental Health Commission of Canada)	https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide?fbclid=IwAR0zqt3pnHmCU8rG2s8KW2BeLNGwgwb-yweuh5O5X-EJxpt_dlm9jQbMYj0
Mental Health Links (City of Brantford)	https://www.brantford.ca/en/living-here/neighbours-helping-neighbours-mental-health-and-covid-19.aspx#Big-White-Wall
Mental Health, Substance Use Support (Wellington Dufferin Guelph Public Health)	https://www.wdgpUBLIChealth.ca/your-health/covid-19-information-public/community-supports-and-contacts/mental-health-substance-use
Coping with Anxiety or Stress Contacts (Wellbeing Waterloo Region)	http://www.wellbeingwaterloo.ca/blog/resources-for-coping-with-anxiety-or-stress/
Government of Canada Financial Assistance	
COVID-19 Recovery Benefits	https://www.canada.ca/en/department-finance/economic-response-plan.html
Employment Insurance Benefits	https://www.canada.ca/en/services/benefits/ei.html
Booking Links for Vaccine Pre-Registration	
Brantford	https://www.bchu.org/ServicesWeProvide/InfectiousDiseases/Pages/COVID-19-Vaccine-Clinic-Appointments.aspx
Guelph	https://www.wdgpUBLIChealth.ca/your-health/covid-19-information-public/covid-19-vaccine-information/pre-register-your-covid-19
Cambridge, Kitchener, Waterloo	https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccination-pre-registration.aspx
Vaccine Rollout Phases (Province of Ontario)	https://covid-19.ontario.ca/covid-19-vaccines-ontario

Events and Gathering Restrictions	
Brant County Health Unit	https://www.brantford.ca/en/living-here/city-response-to-coronavirus.aspx
Wellington Dufferin Guelph Public Health	https://www.wdgpUBLIChealth.ca/your-health/covid-19-information-public/current-public-health-measures-and-restrictions/events-and
Region of Waterloo Public Health	https://www.regionofwaterloo.ca/en/living-here/covid-19-information-centre.aspx
Declaration of Emergency (Province of Ontario)	https://covid-19.ontario.ca/zones-and-restrictions
Sector Support Resources	
CHF Canada	https://chfcanada.coop/covid-meetings/
The Agency for Co-operative Housing	https://www.agency.coop/your-business/surviving-virus
Housing Services Co-operation	https://hscorp.ca/resources/responding-to-the-covid-19-pandemic/
Landlord and Tenant Board	https://tribunalsontario.ca/lrb/operational-updates/



COVID-19 RESOURCES

If your housing co-op is having difficulty addressing an issue related to COVID-19, contact the federation for support.