

January 18, 2021

Dear Parents and Guardians:

We know this is an extremely challenging time for everyone, as we all continue to navigate the complexities of operating, and simply living, in this COVID-19 environment. Disruption to our daily lives and routines and worrying about our own health and the health of our loved ones has been very stressful for all of us. Many of us are experiencing a range of emotions, from anxiety to frustration, to sadness, grief, and loss. We hope you are taking whatever steps you can to take care of yourselves and your family.

**If there is anything we can do to support your family and your well-being through this time, please let us know. Reach out to your school or to the school board.** We continue to have a variety of mental health and well-being professionals available to support our school communities and they are connecting with families every day. There are also many supports available in the community. We have included a list of local services for your information and reference and are happy to help you navigate them.

Again, if there is anything we can do to assist you and your family, please let us know by contacting your school or the school board. We know you have all made significant adjustments to help your children continue learning and we thank you for the tremendous work and support you are providing every day.

May God continue to bless you, and may you find comfort in your friends, family, and faith. Please keep safe and well.

Marianne Mazzorato, Ed.D.  
Director of Education

#### Resources

- <https://www.peelregion.ca/housing/pdf/cmha-peel.pdf>
- <https://www.peelregion.ca/coronavirus/social-support/#well>
- <https://peelregion.ca/coronavirus/community-response-table/pdf/mental-health-supports.pdf>

#### Tip Sheet

- <https://cmhapeeldufferin.ca/news/tips-to-manage-mental-health-through-covid-19-pandemic/>

#### Telephone Options

- Call your family doctor, ConnexOntario (1-866-531-2600), Telehealth Ontario (1-866-797-0000), Or Ontario 211 for information about local resources and supports.

**If you are in crisis, call 911 or go to the emergency room of your local hospital right away.**