Hello Neighbour!
Can’t leave your house?
My name: ________________________________________
My address: ______________________________________
My cell number: ___________________________________
My email: ________________________________________

Please give me a call if you need support—even just a phone call to chat.
Urgent supplies can be left on your doorstep.
If you are in crisis and need help call 403-327-7905
If you feel disconnected, lonely, or isolated, register for a community member check-in—call 403-332-4320 (press 1)