

Covid-19 Resource Guide

For Counselling Support

- <https://www.cythera.ca/new-page-2>
- <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>
- <https://foundrybc.ca/ridgemeadows>
- Child and Youth Mental Health (MCFD) – intake clinic – Thursday 9:00 a.m. to 4:00 p.m.; phone first at 604-466-7300
- <https://www.dropbox.com/s/fqljt2w912v65zg/Indigenous%20Child%20and%20Youth%20Mental%20Health%20Services.pdf?dl=0>
- <https://ridge-meadows.pathwaysbc.ca>
- <https://wellnesstogether.ca/en-CA>
- <https://www.dropbox.com/s/0vysxabzgpeoirw/domestic-violence-summary%20%281%29.pdf?dl=0>
- <https://www.dropbox.com/s/j3l8psjf01ykil8/HealthyFamilies.png?dl=0>
- <https://jack.org/covid?fbclid=IwAR2CwjN1dp8oLBy01v2SKjLywtANGizFwyHXvxJXXERlytODNS4Qu0b2fwk>