



1750 Russell Road, Ottawa, ON K1G 5Z6

You Deserve a Break!

Help is available to make life easier for frontline workers, during the pandemic

Help with meals at the end of the day: Perley Rideau Café has developed a special Take Away Menu including individual and family-sized meals.

Free golf! [Carleton Golf & Yacht Club](#) is offering all long-term care and assisted living staff free access to their private course in Manotick each Sunday, 1:00 to 3:00 pm, from June 14 to August 30. Book up to 7 days in advance by calling **613-692-3533**.

Stores & Restaurants Offering Perks and Discounts for Health Care Workers

- While Perley Rideau is sharing these offers, we are not able endorse any offers or goods, services or organizations. Any guarantee is from the provider. Know of other deals? Share them with Rachel Stoparczyk in Volunteer Services, ext. 2356 or rstoparczyk@prvhc.com

Company	Priority Access	Discounts
Uber		\$50 ride voucher for month of June 2020. Contact Rachel at ext. 2356 or rstoparczyk@prvhc.com
Loblaws, Costco, Farm Boy, Food Basics, Shoppers Drug Mart, Metro, Independent Grocers, LCBO	X	Show your employee badge to skip the line
Nando's Restaurant 1461 Merivale Rd. location (613) 749-7445		Free meal, e.g ¼ chicken and side dish. Selection and availability changes daily. Call in advance and pick up curbside. Note: all other Nando's locations in Ottawa are closed at this time.
McDonald's		Free coffee or tea
A & W		Free coffee or root beer

ONA members: see <https://www.ona.org/member-services/publications-discounts-forms/browse-discounts/> for a full list of special COVID discounts just for you.

CUPE members: visit <https://cupe870.ca/covid-19-resources/> for pandemic guidance, perks and discounts



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Health & Wellbeing Resources for You and Your Family

The **FSEAP- Family Services Employee and Family Assistance Program** continues to be ready and available for your call!

1-800-668-9920 or www.myfseap.ca to request a virtual appointment. If your need for support is urgent, contact Cheryl Kemp in Employee Health Services at 343-998-9890 or

ckemp@prvhc.com

Also see resources on table across from Physio Clinic

Other Resources Available to you at no cost:

For employees & families	Specific to Healthcare Workers during Pandemic
Distress Centre of Ottawa & Region 613-238-3311 dcottawa.on.ca Free telephone counselling by trained volunteers	COVID Frontline Wellness The Royal Ottawa Healthcare Group is providing health care workers with support and tools to deal with the stress and mental health challenges that may come as part of working during the COVID-19 pandemic. Go to: theroyal.ca/covid-frontline-wellness
Kids Help Phone : 1-800-668-6868 or kidshelpphone.ca Includes supports for parents and online Coronavirus resources	The Working Mind Resource Hub https://theworkingmind.ca/resource-hub COVID-19 resources for the healthcare sector and first responders.
eMentalHealth.ca Non-profit initiative of CHEO, providing anonymous, confidential and trustworthy information 24 hours a day, 365 days a year.	Canadian Psychological Association See https://cpa.ca/corona-virus/psychservices/ for listing of psychologists who have volunteered to provide psychological services to front line health care providers.
Wellnesstogether.ca Live telephonic, video and text counselling, information and resources, online, self-directed tools for mindfulness and internet-based Cognitive Behavioural Therapy (iCBT), as well as peer support and group counselling. For people 18 and over, 24 hours/day, 7 days/week.	Ontario COVID19 Mental Health Network A volunteer network of Ontario-based mental health professionals dedicated to supporting frontline COVID-19 workers during the evolving crisis. Go to: www.Covid19therapists.com
	Pause for Providers: www.pause4providers.com Online 30-minute mindfulness sessions designed specifically for Canadian healthcare workers impacted by the increased stress of COVID-19.