



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.

## 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](mailto:rstoparczyk@prvhc.com)

Company	Priority Access	Discounts
i2020 vision clinic 2450 Lancaster Rd. (613) 523-0662		Show your employee badge to receive the following: <ul style="list-style-type: none"> <li>• Free transition lenses (\$300 value)</li> <li>• Free eye exams until the end of October 2020</li> <li>• \$300 gift certificate if you are not due for new eyewear or an eye exam</li> </ul> Employees are encouraged to consult with Coughlin & Associates 613-231-2266 to confirm the eligible amount of vision coverage under their plan. You can also obtain this information through Coughlin's Plan Member Portal ( <a href="https://portal.coughlin.ca">https://portal.coughlin.ca</a> ) Submit your claim to Coughlin & Associates as per normal practice.
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](http://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](mailto: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 <a href="http://dcottawa.on.ca">dcottawa.on.ca</a> 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: <a href="http://theroyal.ca/covid-frontline-wellness">theroyal.ca/covid-frontline-wellness</a>
Kids Help Phone : 1-800-668-6868 or <a href="http://kidshelpphone.ca">kidshelpphone.ca</a> Includes supports for parents and online Coronavirus resources	The Working Mind Resource Hub <a href="https://theworkingmind.ca/resource-hub">https://theworkingmind.ca/resource-hub</a> 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 <a href="https://cpa.ca/corona-virus/psychservices/">https://cpa.ca/corona-virus/psychservices/</a> 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: <a href="http://www.Covid19therapists.com">www.Covid19therapists.com</a>
	Pause for Providers: <a href="http://www.pause4providers.com">www.pause4providers.com</a> Online 30-minute mindfulness sessions designed specifically for Canadian healthcare workers impacted by the increased stress of COVID-19.