



Safehaven

Exceptional Lives. Exceptional Care.

MEMORANDUM

TO: All Employees
FROM: Susan Bisailon, CEO
DATE: April 16, 2020
SUBJECT: Update #2: Safehaven Self-Care Corner

Things to Do This Weekend while practicing Social Distancing:

Click [here](#) for 14 things to do from virtual tours, panoramic views, history, and fitness ideas. This article is Toronto-specific; your home regional or municipal websites will offer similar features.

Coping with Challenge:

Women's College Hospital recently published [this article](#) on self-care. Your Stress Relief Playbook:

At Home Fun for All Ages:

- ❖ Needing to take a mini-vacation? Check out [this virtual tour](#) of the Louvre in Paris, France
- ❖ Car Enthusiasts? Try this [link](#) to capture paper models of Mazda vehicles – at different skill levels.
- ❖ City Kids See Farms: Click [here](#) for virtual tours of different Canadian Farms. There are pigs, cows, apples, minks and more!

Discounts and Special Offers:

- ❖ The Crisis and Trauma Resource Institute is also offering one free webinar a month. [Click here](#) to see the webinar for the month of April is entitled *Mental Health and Resilience during COVID-19*.
- ❖ **More from the CAA Free Roadside Assistance:**
Should you need their roadside assistance, when calling the number, simply state that you work in healthcare; their customer service representative may ask you the name of your employer. Professions such as PSW, RSW, etc. and organizations in the developmental sector such as Safehaven are included in this generous offer from the CAA. We thank them for this outreach of support!

Is Music your inspiration?

We hope you enjoy [this virtual recording](#) of “We Rise Again” by a group of all female Toronto physicians calling themselves **Voices Rock** – enjoy!

In need of some good news? Check out the Good news movement by clicking [here](#)!

Thank-you to everyone who submitted suggestions, it's another example of your exceptional commitment. Stay tuned as we update the Self-Care Corner on a weekly basis!

Susan Bisailon, CEO

The Safehaven Project for Community Living