

We hope this message finds you all in good health. We recognize this is a stressful time for families, and we know that everyone is coping differently, and in the best way they can.

There are many resources available for families during the COVID-19 response; however, it may be overwhelming to know what the best resources are, where to find legitimate supports, or how to ask for help.

Your local Family and Community Support Services (FCSS) offices are operating primarily through telephone supports. We are here to help you navigate through available resources, discuss your needs and/or stressors, and provide access to future programming that can support your family.

You can reach Leduc County FCSS at **780-979-2385**, Monday to Friday, from 8:30 a.m. to noon and 1 to 4:30 p.m. As well, please visit our <u>website</u> for information on social support services.

You can also stay up-to-date by following us on Facebook @LeducCounty.

The FCSS offices in Calmar, Thorsby and Warburg are operating under limited hours. You are welcome to call them at the numbers listed below, or contact the Leduc County FCSS office.

Calmar FCSS - 780-985-3191 Thorsby FCSS - 780-789-4004 Warburg FCSS - 780-848-2828 New Sarepta FCSS – 780-979-2385

If you require information outside of regular business hours, we encourage you to access 211 to learn about social supports in your area.

https://www.ab.211.ca/contact-211-alberta/

Dial <u>2-1-1</u> anytime 24/7. Online <u>chat</u> available from 8 a.m. to 8 p.m. daily Text INFO to 211 from 8 a.m. to 8 p.m. daily

Please reach out to us. We're here to listen. We're all in this together.