



MAKE ROOM FOR LIGHT AND LIGHTER DAYS

Who knew we'd be four months into 2021 and in yet another province wide lockdown? If there's anything we've learnt over the past year, it's that many things are completely beyond our control.

Yet, some things continue to be our responsibility – from the way we speak to people around us (or over the phone) and how we do our work when no one's watching... to the number of hours we'll choose to spend on the couch today. If we're not careful, we can turn in on ourselves and miss opportunities to share and bear burdens that many in our community continue to face alone.

Among the sea of resources created over the span of the past year, we've selected a few to remind us to reach out. Are you willing to receive care from and take care of those around you? Don't get lost in finding relief from your own burdens; look around and realize you may be able to serve someone you love or others in your community who would benefit greatly from your giving of your time and unique gifts!



Get support. Take control. Feel better.

An online peer-to-peer support community for your mental health

- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Self-assessments and recommended resources
- Creative tools to help express how you're feeling
- A wide range of self-guided courses to do at your own pace

Check out these features and more at <https://togetherall.com/en-ca/>



DO YOU KNOW SOMEONE WHO IS HOME ALONE?

Here's some ideas that may help you figure out how to assist them in practical ways!

- Call (via phone or computer) to talk to them—**and be a good listener.**
- **Ask them** if they need help getting food or other essential items.
- Bring them activities, or send them links to fun things to do/watch online.
- Keep in touch with their doctor; remind them to take their medicine.
- **Think of creative ways to keep them busy** i.e. make a schedule to have different people call at different times, or watch different things at different times.
- **See if they want to connect with other people.** (Hint: see bottom of previous page!)



DO YOU KNOW WHAT'S IN THE COVID-19 VACCINE?

Here's information that addresses some common fears regarding getting immunized

mRNA—harmless genetic material

Helps build immunity against the COVID-19 virus.

Sugar (sucrose) and salts (sodium, potassium)

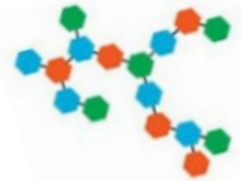
Helps to keep the vaccine stable and balanced.

Lipids and Cholesterol

Forms a bubble around the mRNA and helps it enter our cells.

The vaccines do not contain blood products, fetal products or animal products.

The vaccine CAN'T give you COVID-19! As they don't contain viruses, they can't cause infection.
mRNA WON'T change your DNA as it doesn't enter your cell nucleus (where DNA is found).



DO YOU KNOW OF FINANCIAL SUPPORTS IN PLACE?

In addition to the well publicized CERB and CESB, there are other benefits to help people and businesses facing hardship due to COVID-19.

The Canada Recovery Sickness Benefit (CRSB) offers up to 4 weeks of support for employed and self-employed individuals who are unable to work and not receiving paid leave from their employer because they are sick or need to self-isolate due to COVID-19. If eligible, you can receive \$500 (\$450 after taxes withheld) for a 1-week period.

To see all eligibility criteria and more information, go to <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-sickness-benefit.html> or call [1-833-966-2099](tel:1-833-966-2099) (8am to 8pm).

For more information about other COVID-19 benefits you may be eligible for (e.g. Canada Recovery Caregiving Benefit, Canada Emergency Rent Subsidy, Canada Recovery Benefit etc.), please visit <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>



Need money for school?

Apply now for a \$2,000 Kathleen Blinkhorn Aboriginal Student Scholarship!

“This scholarship will benefit me greatly as I navigate virtual learning and the technology needs that come with it. Ultimately, this scholarship will help me to achieve my goal of being a recreational therapist in the Indigenous community.”

- Caroline
2020 recipient



Applications are now open!

To be eligible, a student must meet all of the following criteria:

- identify as an Indigenous person
- be living in non-profit housing in Ontario during the school term
- be enrolled in a program at a recognized college, university or private trade school for the 2021-2022 school year, or program equivalent

Please check the [ONPHA website](https://onpha.org) or contact scholarships@onpha.org for more details.

Apply by 5pm, Friday, 18 June 2021

CRA Can Help You Access Your Benefits!

The Simplified Tax and Benefits Form Package is being used to make it easier for First Nations residents to file taxes & receive their entitled benefits and credits. For help accessing or filling out these forms, call [1-833-262-1356](tel:1-833-262-1356) (Ontario) or [1-877-303-3349](tel:1-877-303-3349) (Quebec).

To learn more, visit <https://yawc.ca/news-events/news/simplified-tax-and-benefits-form-package>

The tax filing deadline for people who are self-employed is 15 June, 2021!

This children’s storybook was adapted from work developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings to represent Indigenous peoples, values, and communities, and to portray a sense of communal efficacy, strength and hope in the face of the COVID-19 pandemic.

Find a read-aloud version, a pdf download to print, and a pdf download to read electronically at <https://caih.jhu.edu/programs/strongmedicine>.

Colouring pages, parent resources, and activity sheets are also available at the link listed above!



Our smallest warriors, Our strongest medicine.





Ontario's vaccine booking system is now available

Visit <https://covid-19.ontario.ca/book-vaccine/>

Find out if you're eligible to book



You may be eligible to book an appointment for a COVID-19 Vaccine you are...

- 45 years or older in 2021 (Toronto) / 55 years old or older in 2021 (Ottawa)
- a front-line health care worker or personal support worker
- a licensed child care worker or special education worker
- an education worker in elementary and secondary schools
- an essential caregiver for care home residents
- a resident or staff in shelters, community living, or other group living settings
- a resident or staff at a long term care home, retirement home, assisted living or First Nations Elder care home
- a chronic home health care recipient
- a person with highest risk health conditions or a caregiver for such a person

To book a Pfizer or Moderna vaccine appointment through the online provincial booking system, visit <https://covid19.ontariohealth.ca/>. You may also call your city's public health unit general phone line [416-338-7600 \(Toronto\)](tel:416-338-7600) or [613-580-6744 \(Ottawa\)](tel:613-580-6744).

If you are at least 18 years old and are First Nations, Inuit or Métis, you may contact your local First Nations, Inuit and Métis health organization supporting local vaccination clinics.

If you are 40 to 44 years old in 2021 (Toronto) / 40 to 54 years old in 2021 (Ottawa), you may be eligible to receive the AstraZeneca vaccine. Visit covid-19.ontario.ca/vaccine-locations to find a participating pharmacy near you; contact the pharmacy directly to book your appointment.

You may also visit <https://covid-19.ontario.ca/index.html> to:



Take a self-assessment



Find a testing location



Check your results



Screen before you go

Many thanks to Togetherall (Product features, p1), Centre for Addiction and Mental Health (Ideas for caring for someone in isolation, p2), South Asian Health Network (Vaccine information and icons, p2), Canada Revenue Agency (Financial supports, p2), Ontario Non-Profit Housing Association (Kathleen Blinkhorn Scholarship, p3), Canada Revenue Agency (Simplified forms, p3), Center for American Indian Health (storybook feature, p3) and Health Ontario (Vaccination eligibility and access, p4) for providing information shared in this newsletter edition. Thank you to Dylan Ferreira (cover image, p1), Angello Pro (top right image, p2), Ibrahim Rifath (coins, p2) for providing freely-usable high quality images on Unsplash.

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