

## OT Tidbits: Some Useful Resources from our Occupational Therapy Team



### COVID-19 helpful resources

- Facebook: caremongering-YYC: YYC Community Response to COVID-19
- Facebook: YYC Covid-19 volunteers (helping out fellow Calgarians during COVID 19 pandemic; post to offer or request help)
- Alberta Fund Assistance Program: 1-877-644-9992
- DOAP Team: 403-998-7388
- Distress Centre: 24 hour 403-266-4357 or online chat 3-10pm
- Eastside Family Centre: 403-299-9699 or text 587-315-5000 or live chat
- Enmax Relief Program: 403-310-2010
- Family Violence Helpline: 403-234-SAFE (7233)
- Food Bank—Hamper Request Line: 403-253-2055 (drive through pick up at 5000-11 street S.E.)
- EI Claims: 1-833-381-2725
- Health concerns: 8-1-1
- Kerby Centre—Grocery Delivery Program: 403-234-6571 (seniors only)
- Meals on Wheels: 403-243-2834
- Services and Programs: 2-1-1 (reduced staff)
- SOURCe: 403-617-4183 or 403-608-5559 (leave a message)

### Online clinic:

- purposemed.com (Alberta telemedicine clinic, cofounded by Dr. Moloo—MD at Calgary South Health Campus)
- Babylon by TELUS Health (mobile app)