



Just when it seemed like Covid-19 was under control, Omicron set in, and since then families across Ontario have braved yet another wave.

SOME GOOD NEWS

Ontario's top medical officers and health experts are confident the worst is over. Vaccines and rapid tests are available at your local pharmacy and grocery stores. We've got what we need to stay safe.

While many of us still feel hesitant, and a little unsure, there ARE ways that we can begin to strike a balance, get out and about and feel less burnt out or isolated.

We've collected some action guides into one email, as a reminder, that we can begin to move forward one day at a time. We're in this together!

Managing The New Normal Action Guides:



Action Guide 1
Moving Beyond the Pandemic

The first, in a series of action guides that support families to think positively about life beyond the pandemic.



Action Guide 2
Staying Healthy and Motivated

This second guide, in the Managing the New Normal series, supports families to stay healthy and motivated as we plan for life beyond the pandemic.



Action Guide 3
Reconnecting with Friends and Family

This third guide supports families to start reconnecting with friends and family as we plan for life beyond the pandemic.



Action Guide 4
Exploring Opportunities to Get Involved

This fourth guide supports families to start exploring opportunities for families to get involved in their community post-pandemic.



Action Guide 5
Building Supportive Networks

This fifth guide supports families to start exploring opportunities to connect to one another post-pandemic.

**Know someone who is also thinking about life in the new normal?
We invite you to share these guides with families you know!**



[P4P.ca](#) | [planningnetwork.ca](#) | info@p4p.ca

Partners for Planning | 276 Carlaw Ave, Unit 308, Toronto, ON M4M 3L1 Canada

[Unsubscribe susan.treverton@clpe.on.ca](mailto:susan.treverton@clpe.on.ca)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by admin@p4p.ca powered by

