

STAYING INFORMED COVID-19 PANDEMIC



**Bulletin for residents,
families and employees**

April 15th, 2020

Support for residents, families and employees of Groupe Santé Arbec CHSLDs in Lanaudière

We are currently experiencing an unprecedented situation. There is no roadmap, no guideposts to help navigate these turbulent times.

Growing anxiety, fear and the unknown are causing a wide range of emotions, including stress, worry, sadness, fear, disappointment, confusion...

These emotions are being experienced by residents, families and employees alike.

CISSS de Lanaudière's workers will be on site in our centres to help you find ways to reduce your anxiety, fears and worries. They can also be in touch with families by phone.

A schedule will be posted shortly in the centres concerned, indicating the days and times the CISSS team will be visiting.

We hope that this psychosocial support service will help you cope with the pandemic.