

The Lílwat Nursing Team wants to hear from you!

We want to help you through this challenging time by answering any questions or concerns you may have regarding COVID-19, such as:

- Physical distancing
- Self-isolation
- How to manage your emotions and mental health
- Activities and what to do with your children or yourself
- How to help your elders or vulnerable family and friends
- Ways to make social connections. etc.

Please email your questions and concerns, with "Q&A" in the subject line, to nicole.witzke@lilwat.ca

The Lílwat Nursing Team will answer your questions through a series of videos here on our Lílwat Health & Healing page.

Stay well,

The Lílwat Nursing Team



STAY SAFE LÍLWAT