

## WEBSITES FOR HELP IN WATERLOO REGION

### **Resources to Help - On line**

#### **Waterloo Region Family Network**

<https://wrfn.info/>

#### **Self-Help Alliance**

<https://cmhawwselfhelp.ca/>

<https://cmhawwselfhelp.ca/news/service-changes-due-to-covid-19/>

#### **Here to Help**

<https://www.heretohelp.bc.ca/>

<https://www.heretohelp.bc.ca/workbook/family-toolkit>

<https://www.regionofwaterloo.ca/en/living-here/covid-19-list-of-closures-and-service-changes.aspx#>