



Introducing the COVID Care Wakelet

A Western Quebec School Board Complementary Service's resource page.

We would like for you to be the first to explore, use and share this unique COVID-19 resource tool.

The Complementary Services Covid Care Wakelet is a platform to access up-to-date resources, tools and tips for supporting mental, emotional and physical health during the Covid-19 pandemic. The Covid Care Wakelet contains a section for Parents, Youth and Staff.

Please follow this link to the resource page:

[*Complementary Services COVID-CARE * - Wakelet](#)

This virtual resource center is regularly monitored and updated. Please browse the resources, click on the image or title and it will automatically bring you to the website, video, article or resource.

If you have questions or comments regarding the Covid care resource page, please feel free to contact Erica or Kelly
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