

# We are Neighbours! We can help each other!

## HELLO!

My name is:

My Address is:

My phone #

My email is:

## Here are a few things I can help with:

- Running errands
- A friendly phone call
- Urgent Supplies
- Practicing a language
- Paperwork
- Prayer
- Other

## Here are a few things I love to do:

- Share Food! (with the help of a *safe food-sharing guide* from [helpisnextdoor.ca](http://helpisnextdoor.ca))
- Go for walks or play outside
- Play Games (online or in-person)

More...

*"We need to be careful, and we need to be safe, but we also need the courage to help each other!"*

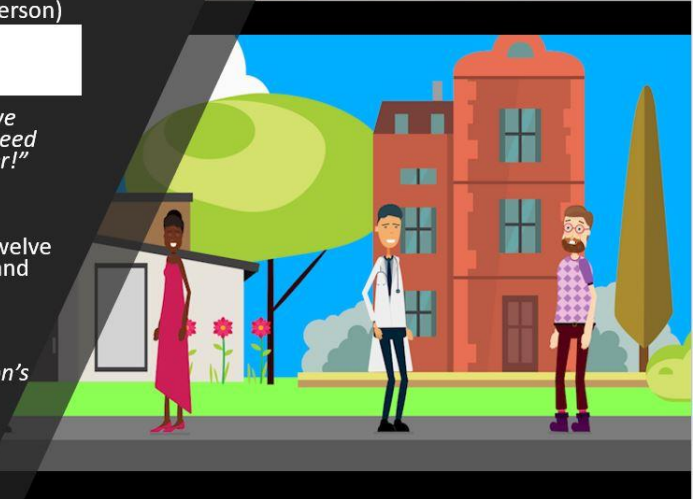
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Find videos and resources in twelve languages to help us connect and care for each other safely at:

[www.helpisnextdoor.ca](http://www.helpisnextdoor.ca)

*Resources created by Edmonton's Interfaith Housing Initiative*

[www.interfaithhousing.ca](http://www.interfaithhousing.ca)



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