A FREE COMMUNITY GUIDE

A Moment for Me.

Small steps. Your choices. Your pace.

Self care is not a luxury or a test of how well you are coping. It can mean noticing your needs, having access to everyday essentials, or knowing where to ask a question. Keep what feels helpful and leave the rest.

01 / NOTICE

What do I need today?

- Food, water, rest, warmth or a quieter moment?
- A practical essential such as soap, toothpaste or period products?
- An answer to a question about my health or wellbeing?

02 / CHOOSE

One small thing is enough.

- Set aside the items that help your morning feel easier.
- Write down one question for a healthcare appointment.
- Reach out to a trusted person if that feels safe and useful.

Care, on your terms.

03 / MAKE IT YOURS

There is no one right routine.

- Choose care that fits your abilities, beliefs, budget and preferences.
- Skip advice that does not suit your circumstances.
- Your limits are valid. You can change your mind.

04 / CONNECT

You deserve practical support.

- For local social services in Canada, visit 211.ca or call 211.
- For confidential shelter information, visit ShelterSafe.ca.
- For health questions, speak with a licensed healthcare professional.

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