

**KEEP CALM  
& CARRY ON  
WITH SOCIAL  
ISOLATION...**

*by Inclusion NWT Staff*

**THANK YOU** to all Northerners who are practicing social-isolation and social-distancing protocols during this stage of the COVID-19 (Corona Virus) pandemic.

By taking an abundance of caution to protect yourself and those close to you, you are helping to prevent the spread of this serious illness.

Our first priority is to continue measures to keep our clients and staff as protected as possible while providing critical services for individuals and families in our community, including Supported Living Services.

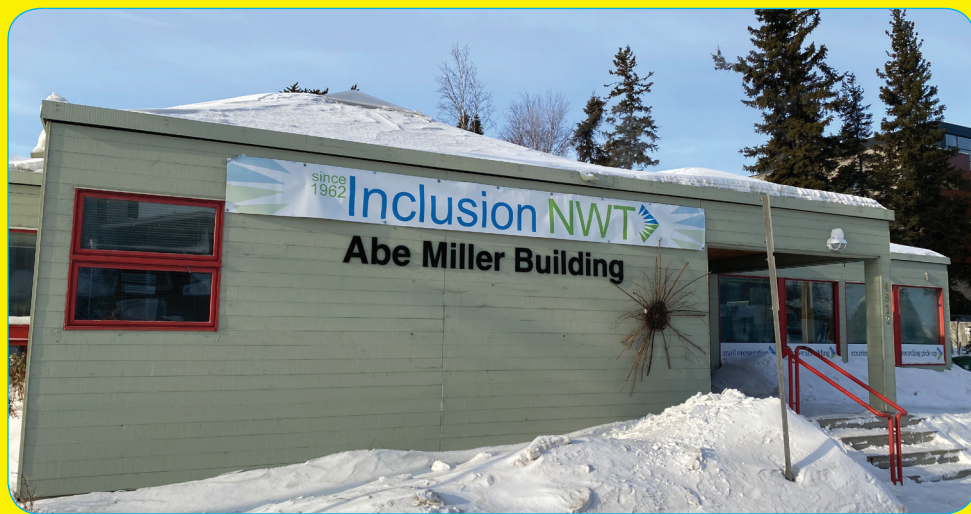
All commercial services will be suspended until further notice as of 5pm today (March 20, 2020).

Please watch for further updates on our social media pages and at [InclusionNWT.ca](http://InclusionNWT.ca).



*We provide lifelong support for individuals with disabilities and their families in the NWT, since 1962.*

**covid-19 newsletter  
03/20/2020**



*We are very concerned for the health and well-being of all of you.  
If you suspect you have the virus, the government has asked  
that you do not go straight to a clinic, but instead first call:*

**(867) 767-9120**

## SUSPENDED UNTIL FURTHER NOTICE:



### INCLUSION NWT YOUTH GROUPS

**YAY FUSION!** Teen Group and the Young Adults Group remain on hiatus until further notice.

Keep informed about any changes to this schedule by monitoring our events calendar on our website at [InclusionNWT.ca](http://InclusionNWT.ca) or on our social media pages.



### CHAT WITH AN EXPERT SERIES

**THOMAS WALLWORK** presented two informative talks about preparing a will, with an emphasis on caring for loved ones with a disability earlier this year.

Our series will continue when territorial health authorities recommend we may resume small public gatherings.

Watch for announcements in coming weeks on our social media pages, community events calendars and at [InclusionNWT.ca](http://InclusionNWT.ca).

**CLARA TUTCHO** and Skills Facilitator **Ghyslain LeTourneau** painted the large work room in the Abe Miller Building this week during the work slowdown. They chose "Lavender Mist" as their paint colour.



# SOCIAL DISTANCE with a smile

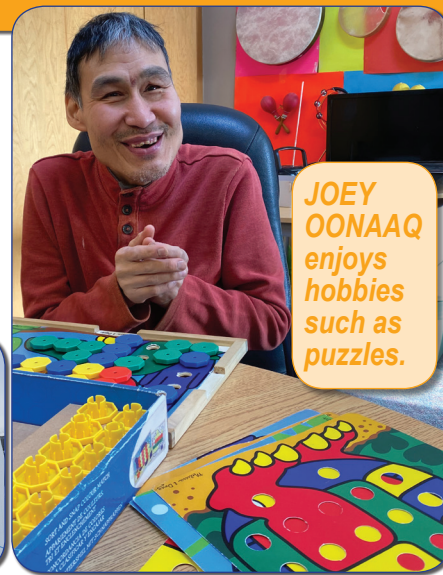
*Inclusion NWT clients work & play with an abundance of caution!*

*by Inclusion NWT Staff*

**CLIENTS & STAFF** kept busy and productive while practicing social-distancing protocols this week.

After our office closes

at the end of the day today, Supported Living staff will continue to promote stimulating and productive activities for clients at home, with an abundance of caution.



**JOEY OONAAQ** enjoys hobbies such as puzzles.

## Inclusion NWT news



Order your own  
Inclusion NWT hoodie

**INCLUSION NWT** hoodies are available for order for staff and client families!

Choose from seven colours (three shades of blue, charcoal, orange, black and grey) and select any size from small to 2XL. Features Inclusion NWT logo. Two styles available.

These quality hoodies cost \$30 each, shipping fees included.

Order before April 1.  
[info@inclusionnwt.ca](mailto:info@inclusionnwt.ca)

## Healthy Pregnancy Campaign

**STAY TUNED** to print and broadcast media for our 2020 Healthy Pregnancy message.

Yellowknife grandmas Karen Novak, Snookie Catholique and Helen White have shared their wisdom for this year's campaign.

Support Moms-To-Be in social-isolation by making healthy choices together!

For info: [InclusionNWT.ca](http://InclusionNWT.ca)



# FUNDRAISING IN EFFECT

## Our major annual fundraiser is still on... for now

by *Inclusion NWT Staff*

**IT IS FITTING** that the 29th annual Gumboot Rally has a bird-theme, because the fundraiser is up in the air right now.

Scheduled for May 9, our major annual fundraiser typically contributes \$25,000 to the association's budget annually.

Changes may be afoot

for this year's rally, but for now it is still on the calendar.

Some teams have already begun to fundraise online. If you would like the distraction of a fundraising campaign while you self-isolate, please consider registering your team online, too!

Students from three schools and the Yellow-

knife RCMP are collecting donations online this month.

To reach their fundraising pages, visit our site at [InclusionNWT.ca](http://InclusionNWT.ca).





Let's chat!

**Karen Novak**  
21 years of  
Grandmother  
experience

**Helen White**  
17 years of  
Grandmother  
experience

**Snookie Catholique**  
7 years of  
Grandmother  
experience

**"We all need to encourage and support Moms-To-Be to make good decisions. Offer choices, friendship, companionship, guidance, your love and support."**  
~ Karen

**"Fetal Alcohol Spectrum Disorder (FASD) results from drinking alcohol during pregnancy. There is no amount of alcohol that's known to be safe during pregnancy."**  
~ Helen

**"In the aftermath of residential schools, it's even more important we have healthy babies. Those of us survivors who are now grandmothers play a huge role in correcting what was taken away from us. That is to teach our history, our traditional ways and our languages. Bringing a child into the world should be a celebration of life with each child blessed into a healthy environment enriched in the power of identity and self-worth."**  
~ Snookie

[InclusionNWT.ca](http://InclusionNWT.ca)