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<h2>Landing page</h2>	<h2>登陆页面</h2>
<p>We are committed to ensuring the safety of our staff and clients.</p> <p>As a necessary precautionary measure, and to reduce the risk of community transmission of COVID-19, we modified how we deliver services on Monday, March 16, 2020. We know that the situation we currently find ourselves in is new and unnerving. For many of us, it will increase the intensity of feelings we have that are embedded in the trauma we have experienced.</p>	<p>我们致力确保我们的工作人员及客户的安全。</p> <p>必要的防护措施，并且降低社区 传染 COVID-19 的风险，我们于 2020 年 3 月 16 日调整了我们提供服务的方式。我们知道我们现处在一个新的情况中，这种情况让我们感到不安。对大多数人来说，这增加了我们曾经历过的创伤的感觉程度。</p>
<p>To help, we developed a series of self-care strategies to help you manage your stress and anxiety while social-distancing, or if you are in isolation. The resources available on this page include strategies for at-home crisis management, self-soothing, building a routine, and how to stay safe while self-isolating.</p>	<p>在保持社交距离或如果您在隔离期间，我们制定了一系列的自理办法来帮助您管理您的压力及焦虑。本页上的资源包括在自我隔离期间在家进行危机管理、自我安抚、建立例行常规的作息时间并且如何确保自身安全的策略。</p>
<p>Please note that all our regular services, including legal, housing, and interpretation, remain available over the phone.</p>	<p>请注意，我们所有的常规服务，包括法律、住房及口译都仍旧可以通过电话联系的方式提供。</p>
<p>To access any services at the Clinic, please call Central Intake at 416 323 9149 ext. 234 and leave a message. We need to know your name, your phone number, and if it is safe to leave a message when we call you back. Someone will call you back and connect you with support.</p>	<p>要使用本处的任何服务，请致电中央接案中心，电话号码为 416-323-9149，分机 234 并请您留言。我们需要知道您的姓名、电话号码，还有我们必须知道当我们回您电话时，留言是否安全。我们的工作人员回您电话并助您联系上您需要的支援。</p>
<p>A note to survivors</p>	<p>致幸存者人士：</p>
<p>People who have experienced trauma have so much wisdom from having moved through uncertainty and instability at different points in life. It is normal to feel stressed when encountering a new threat and sweeping changes. You may feel anxious, numb or afraid. Old memories may feel fresh and dormant traumas may suddenly</p>	<p>有过创伤的人在其生活的个阶段经历过不确定性和不稳定的同时，他们也从中获得许多的生活智慧。遇到新的威胁和大变化时，感到有压力是正常的。您可能会觉得焦虑、麻木或恐惧。过往的回忆可能让你感到记忆犹新，那些潜伏隐匿已久的创伤可能会突然再次浮现。这</p>

<p>resurface. This does not undo the healing work you have done or undermine the steps you took to find safety. It's okay if this is hard. There is no right way to feel.</p>	<p>不代表你之前所做的都前功尽弃，也不会破坏您要寻找安全感所采取的步骤。这不容易，我们知道，没关系。感觉其实是没有正确答案的。</p>
<h2>Immediate Danger and Concerns</h2>	<h2>紧急危险和担忧</h2>
<p>If you're in crisis, there are 24/7 telephone supports available to you. You may also consider calling a friend or loved one.</p>	<p>如果您遇到危机，你随时可以 7 天 24 小时全天候服务拨打的电话寻求支援。您也可以考虑打电话找朋友或您的亲人。</p>
<p>If you are in danger or have a medical emergency, call 911.</p>	<p>如果您遇到危险或有医疗紧急事件，请拨打 911。</p>
<p>We are taking collect calls and can try to help if you don't have access to a phone or the Internet.</p>	<p>如果您没有电话或网路，我们接受对方付费电话并可以试着帮助您。</p>
<p><i>If we return your call and it is not a safe time for you to speak to us, just say "sorry you have the wrong number," and we will try another time.</i></p>	<p><i>如果我们回电的时间对您来说不能安全地与我们通话，您只要说“对不起，您打错电话了”，那我们会另外找时间再打给您。</i></p>
<p>Over the phone crisis supports include:</p>	<p>电话危机支援服务包括：</p>
<ul style="list-style-type: none"> • Assaulted Women's Helpline: (24/7) 416 364 4144 or 1 888 364 1210 This is also the number to call if you are fleeing violence and need to access a violence against women shelter • Toronto Central Health: Central Intake (24/7) 416-338-4766 If you are homeless and need to access shelter • Talk4Healing(24/7) 1-855-554-4325 (For indigenous women) • Gerstein Crisis Centre(24/7): 416 929 5200 – PLEASE SEE UPDATE (For people of all ages, genders and sexual orientations) • Toronto Distress Centre(24/7): 416 408 4357 (For people of all ages, genders and sexual 	<ul style="list-style-type: none"> • 受虐妇女协助热线 (Assaulted Women's Helpline): (7 天 24 小时全天候拨打服务) 416 364 4144 或 1 888 364 1210 如果您要逃离暴力并且需要入住接收受暴力妇女的避难所，也请您拨打这个电话号码。 • 多伦多中央卫生局 (Toronto Central Health) : 中央接案 (7 天 24 小时全天候拨打服务) 416-338-4766 如果您无家可归且需要避难所时 • Talk4Healing (7 天 24 小时全天候拨打候服务) 1-855-554-4325 (原住民妇女)

<p>orientations)</p> <ul style="list-style-type: none"> • YouthLine– (Sun-Fri. 4:30 – 9 pm) Peer Support. Call 416 962 9688 or Text 647 694 4275 (For LGBTQ youth age 16-29) • Kids Help phone (24/7): 1 800 668 6868 (For people under 20 years old) • Crisis Outreach Service for Seniors(9 am – 5 pm daily): 416 217 207 (For people 65+ years old) 	<ul style="list-style-type: none"> • 格斯坦危机中心（7天24小时全天候服务） Gerstein Crisis Centre : 416 929 5200 – 请查看最新的信息（适合所有年龄段、性别及性取向) • 多伦多应激中心（7天24小时全天候服务） Toronto Distress Centre: 416 408 4357（适合所有年龄段、性别及性取向) • 青年专线 YouthLine–（周日~周五，下午 4:30 – 9:00）同侪支持。请致电 416 962 9688 或发短消息至 647 694 4275（适合 16-29 岁的 LGBTQ 青少年） • 儿童求助电话 Kids Help phone（7天24小时全天候服务） : 1 800 668 6868（适合未满 20 岁） • 老年人危机外联服务 Crisis Outreach Service for Seniors（每日上午 9:00 至下午 5:00） : 416 217 207（适合年满 65 岁（含）以上的老年人）
<h2>Self Directed Art Practices</h2>	<h2>自我指导艺术练习</h2>
<p><u>Steps to begin art-making</u></p> <p><i>Inspirational words</i>: Notice if there’s a poem, song lyric or saying that inspires you to create today.</p> <p><i>Soundscape</i>: Notice if certain sounds support you in creating today. You might even create a playlist.</p> <p><i>Mindfulness</i>: Notice if there’s a breathing technique or grounding tool that will help support you in your awareness of the present moment. It might start with noticing the colours in the room and seeing if one catches your eye or holding a</p>	<p><u>开始美术创作的步骤</u></p> <p><i>鼓舞人心的词语</i>: 注意是否有能启发您今天创作的诗词、歌词或名言。</p> <p><i>声景</i>: 注意一下是否有某些声音能支持您今天的创作。你甚至可以建立一个播放清单。</p> <p><i>正念</i>: 注意一下是否有呼吸技巧或情绪着陆技术工具能帮助您专心当下。可以先从注意房间内的颜色开始，看看是不是能引起你的注意或者手握一颗石头，看看是否注意到石头的温度和重量。</p>

<p>stone and noticing its temperature and weight.</p>	
<p><u>Creative exercises you might explore</u></p> <ul style="list-style-type: none"> • Art journal: Create an art journal. It may include written or visual expressions. <ul style="list-style-type: none"> • ○ For written expressions: You could start with freewriting or journaling. Circle the words that stand out to you and see if you can rearrange them into a poem. You can also cut out words you find in a magazine or write down words you see throughout the day and try to rearrange them into a poem. ○ For visual expressions: You could start by creating lines on a page and notice how your hand naturally wants to move. Notice any new movements that want to happen. What is it like to create light lines versus pressured lines, straight lines versus circular lines? You can leave the lines as they are, or you can fill the spaces in with colour, using markers, pencils, pastels, magazines or fabric. ○ You can also explore different themes in your journal. For instance, it might be based on dreams and used for inspiration to create visual and written expressions. • Paint to music: Let your creativity flow by moving a pencil or marker on a page in response to music. This is one way of expressing emotions and taking care of yourself in the moment. • Scribble drawing: Begin this exercise by creating a scribble. You might explore pressure, movement and pace to express what you're holding at the moment. Afterwards, you may notice shapes that look like things (just as you would looking up into the clouds). The shape could inspire your creativity, or you can add colour to the forms that emerge between the lines. Let your instincts guide you. • Draw in the dark: This is one way of creating 	<p><u>你可以探索的创意练习</u></p> <p>艺术日志：开始建立一本艺术日志。里面可以记下文字或图画式的表情。</p> <ul style="list-style-type: none"> • <ul style="list-style-type: none"> ○ 书面表达：可以先开始随意记下或写下这些开始。把觉得能让自己留下印象的先圈起来，看看是不是能把这些词给重新安排成一首诗。你也可以把自己平常在杂志里面看到的字或词给剪下来，试着重新把这些字或词重新组成一首诗。 ○ 视觉表达：可以先在纸上画出几条线，你会注意到自己的手会很自然地想移动。注意一下，任何要发生的移动。轻轻的一条线和重重的的一条线、直线和曲线的差别在哪里呢？你可以只划线，或你可以用色笔、铅笔、粉彩笔、杂志或布料来填满中间的空间。 ○ 你可以在你的日记里试着套索不同的主题。例如，可以把梦当作主题并利用梦来启发创造自己的视觉或书面的表达。 • 绘画音乐：让自己的创造力借铅笔或色笔在纸上的移动来回应听到的音乐。这是在当下表达情绪并照顾好自己的一种办法。 • 涂鸦画：先开始涂鸦。你可以试着探索自己当时的压力、动作及节奏来表示自己当时的情况。之后，你可能会注意到那些形状可能看起来像一些东西（就像你抬头看天上的云朵一样）。形状能启发你的创造力，或者你可以在这些涂鸦线之间所浮现出的空间加上颜色。凭着自己的直觉做。 • 在黑暗中画画：这是一种创作的办法，同时防止内在的负面评

<p>while keeping the inner critic at bay.</p> <ul style="list-style-type: none"> • Use colours that calm you: Create an artwork using colours that you find calming. • Draw a place: Connecting with locations that offer you a sense of safety, security, relaxed and calm can be a starting point to feeling these things within your body. You can draw a calming place or even create one in an old shoebox. • Create an artwork based on an accomplishment: Use this as an opportunity to connect with your sense of capacity and ability to achieve things that are difficult or unexpected. Your artwork may be a reminder of that accomplishment when you're feeling down or nervous. 	<p>价。</p> <ul style="list-style-type: none"> • 使用能让你冷静下来的颜色：用一些能让自己冷静的颜色来创造一件艺术品。 • 画一个地方：把这些能让自己觉得平安、有安全感、放松和冷静的地方给连结起来，这些都可以是让自己有这些感觉的起点。你可以画一个地方或甚至找出鞋盒，在盒子里自己创造出这一个天地。 • 利用自己的成就创造出一件艺术品：利用这么一个机会来把自己做好一些难事或没想到的事情的能力连起来。你的美术创作可以用来提醒在自己觉得低落或紧张时，想想自己取得的成就！
<p>Create a motivational collage: You can place this collage in a spot you visit every day to inspire and motivate you.</p> <ul style="list-style-type: none"> • Motivational collages may also include images of spaces that you find relaxing, beautiful, curious or resourcing in some way. Simply notice the images that capture your attention and allow yourself the time to enjoy what calls to you. • Think up a wild invention: This invention might achieve something that makes you smile or fulfills a need. For example, a robotic dog that makes you pancakes in the morning. • Think of the people who matter most to you in your life and create unique artwork for each of them. This artwork is one way of expressing gratitude and acknowledging the people who make a difference in your life. • Draw yourself as a warrior. Think of the strengths you have within, whether that starts by exploring posture or movement or acknowledging how you've overcome challenges, and create an artwork that captures your inner warrior. • Follow your instincts. Create simply to create. Welcome process over product and explore 	<p>做一本励志的拼贴图本：你可以把这本拼贴图本放在自己每天会经过的地方来激发并激励自己。</p> <ul style="list-style-type: none"> • 激励的拼贴图本也可以包括让您觉得放松、美丽、有好奇心或有丰富资源的空间图像。只要注意那些能引起你的注意力的图像，并让自己有时间能好好地享受那些你注意到的东西。 • 想一个疯狂的发明：这个发明可能让你会心一笑或会满足你的需要。例如，一只会在早晨帮你煎松饼的机器狗。 • 想想那些一生中对你来说很重要的人，并给每个人创造出一件独特的艺术品。这件艺术品是表达你对他们的感激并且认可他们改变了你的生活的一种方式。 • 把自己画成一名战士。想想自己的内在优势，不管是从你的姿势或动作或认可自己已克服的挑战开始， • 跟着自己的直觉。为创造而创造。过程重于结果，探索那些能引起你的注意的材料，跟着自己的直觉走。现在这个过程是专属于你的；这份直觉给你带来的可能性会让你感到惊喜！

<p>materials that capture your attention, working from intuition. This process is for you; you might be surprised by what's made possible from this spontaneity.</p>	
<p><u>Steps to closing art-making</u></p>	<p>结束艺术创作的步骤</p>
<p>Notice when the artwork wants to come to an end or pause. Take a moment to notice if there is one last mark or change you want to make. It can be helpful to stay connected to your creative mind to ease your way out of your art-making. Take a moment to notice and even write down what you created, paying attention to colours, textures, parts and the whole. Allow yourself to notice without judgement. This practice is called <i>staying on the surface</i>. A story or poem may even come from the description. One way to write a poem is to circle words you wrote down that stand out to you. You can rearrange the words, even add or subtract words to make a sentence or a poem. It might not make sense, but it might make you laugh. This is a moment to play with words as part of the creative process.</p>	<p>要结束或暂停艺术作品的时候需要注意。稍微停下来，看看您是不是还要画最后一笔或有想要修改的部分。保持与您的创意思维能较容易地结束自己的艺术创作。花些时间注意一下，甚至可以写下你自己已创作的作品，注意整件或部分作品所使用的颜色和纹理。让自己不带批评的态度来观察注意这份作品。这种练习称为 <i>停留在表面特质</i>。从描述甚至可能诞生一个故事或做出一首诗歌。做一首诗的一个办法是把你注意到你所写下的词语圈起来。你可以重新排列组合这些词语，甚至加上或删减这些词语，变成一句话或一首诗。这听起来可能不合逻辑，也可能让你笑出来。但这是作为创作过程的一个时刻-玩文字游戏。</p>
<p>Once you're done playing with words, you may want to reflect on how this experience has been for you. Do you notice any shifts in thoughts, sensations or feelings? What did you enjoy about the process? What was challenging? What supported you through the challenges? Is there any wisdom or learning that came from this process?</p>	<p>一旦您完成文字游戏的部分，您可能想要反思这个经验对您有什么影响。您是否注意到任何想法、感官或感觉的变化？整个过程中，您最喜欢的部分是什么？有那些挑战？是什么让你渡过这个挑战的？从这个过程中，是否学习到了任何智慧？</p>
<h2>Navigating Social Isolation</h2>	<h2>解决社交孤立</h2>
<p>It is an especially important time to think about strategies that support our mental health while practicing social distancing. Sometimes consistency can add a sense of structure and control in otherwise uncertain circumstances, and creating a routine can help with this. Below are some ideas to consider as you begin to learn methods that work</p>	<p>在我们保持社交距离的时期，在个特别重要的时间想出一些能够支持我们的心理健康的办法。在目前这种不确定的情况下，保持生活的规律性，有助于培养安定有序的情绪。在您开始了解对您最有用的方法时，以下有些想法供您参考。</p>

best for you.	
Start your day with some consistent routines:	坚持做一些有规律的事情，开始自己的一天:
<ul style="list-style-type: none"> • Enjoy some quiet time, if you can, and explore a mindful activity. Notice the ground beneath your feet. Notice the temperature change as you breathe in and out through your nostrils—notice which posture feels best for you. Notice unwanted thoughts arising and gently place them to the side, for now, to stay with what works. It could be the comfort of your pillow, the length of your exhalation, the temperature of a cup in your hand, or the texture of a blanket. • Stay connected. Call a friend or family member, or schedule a hangout over Facetime, Skype or Zoom. There are even some online spaces to play your favourite games with one another. • Tap into your creativity. Create an art journal, collage, paint to music, use colours that relax you. Notice what it feels like to play and create, and how doing this might engage and hold your attention. 	<ul style="list-style-type: none"> • 享受一些宁静时光，如果可以的话，寻找一个让自己心灵沉淀的活动。注意到自己脚下所踩着的地上。注意自己从鼻子吸气吐气时候温度的变化- 观察那个姿势让你感觉最好最舒服。注意到那些渐渐想起那些自己不喜欢的东西，并且轻轻地把这些事暂时摆到一旁。此时此刻，只要专心注意那些有帮助的事。这些事可以是自己的枕头上的舒适感、自己的吐气时间长短、手里杯子散发出来的温度或是毛毯的材质触感。 • 保持联系。打电话找朋友或家人，或利用 Facetime、skype 或 zoom 的方式安排一次聚会。甚至网上有些地方可以互相玩你最喜欢的游戏呢！ • 试试看你的创意。开始记录自己的艺术日志，随着音乐作画，利用颜色来放松自己。观察一下，一边玩耍一边创造的时候是什么感觉，同时发现是否能让自己进入并坚持自己的注意力在这些活动上。
If you're not doing okay, ask yourself some critical questions about the day-to-day:	如果您状况不太好，问问自己一些关于日常的重要问题:
<ul style="list-style-type: none"> • Am I hydrated? If not, have a glass of water. • Have I eaten in the past three hours? If not, have something now. • When did I last shower? See if and how it shifts your mood. • Have I stretched my legs today? If not, do so right now. Take a walk around the block if it feels supportive. • Have I moved my body to music in the past day? If not, find a song that makes you want to move or dance. • Have I reached out for support in some way? If 	<ul style="list-style-type: none"> • 我的水分补充是否充足？如果不足，喝杯水。 • 最近三个小时我是否进食过？如果没有，现在立刻去吃东西。 • 最近一次洗澡是什么时候？看看是不是能转换自己的心情。 • 我今天是不是伸伸腿了？如果还没有，那么就伸伸腿拉拉筋。如果有帮助的话，在家附近走一圈。 • 我最近是不是有随音乐起舞呢？如果没有的话，找一首会让自己想动一动或跳舞的歌曲。

<p>not, consider talking with someone about your experience. Notice if some of the grounding, self-soothing and creative practices in “Tools for Triggers, Coping, and Feeling Overwhelmed” capture your attention.</p>	<ul style="list-style-type: none"> 我是不是有找到其它的支援呢？如果没有的话，考虑找个人说说你的经历。同时也注意以下在“解决触发、适应和不看重负感的工具”。
<h2>Tools for Triggers, Coping, and Feeling Overwhelmed</h2>	<h2>解决触发、适应和不堪重负感的工具</h2>
<p>What is Grounding? Grounding is a technique that helps bring your focus to what is happening in or around your body to you physically, either in your body or in your surroundings. As a strategy, it helps prevent us from becoming overwhelmed by our emotions or feeling trapped by anxious thoughts in your mind. Grounding allows us to focus outward on the external world so we can better come back to the present moment.</p>	<p>什么是情绪着陆？ 着陆是一种技术，它能帮助您将注意力集中在身体或周围环境中所发生的事情。作为一项策略，它有助于防止我们因情感或焦虑念头所感到困惑，不知所措。情绪着陆技术能让我们将注意力集中在外部世界，让我们能更佳地回到当下的此时此刻。</p>
<p>Why practice Grounding? When we are overwhelmed with emotional or physical pain, we need a way to come back to the present moment to gain control over our feelings and feel safe. Grounding helps us hold onto the present moment.</p>	<p>为什么要练习情绪着陆技术？ 当我们情绪上或身体上感到不堪重负时，我们需要有个方式带我们回到现实当下，重新掌控我们的感觉并且同时也要能感到安全。着陆技术能帮助我们抓住当下的此时此刻。</p>
<p>Many people struggle with feeling either too much (overwhelming emotions and memories) or too little (numbing and dissociation). Grounding strategies help us attain balance.</p>	<p>许多人挣扎着处理过度的（不堪重负的情绪或回忆）或不足的（麻木和孤立）感觉。情绪着陆技术能帮助我们找回并保持那份平衡点。</p>
<p>Guidelines</p> <ul style="list-style-type: none"> Grounding can be done <i>any time, any place, anywhere</i>, and no one has to know. <i>Keep your eyes open, scan the room, and turn the light on</i> to stay in touch with the present. <i>Focus on the present, not the past or future.</i> 	<p>指南</p> <ul style="list-style-type: none"> 情绪着陆技术可随时随地进行，不需要大肆宣扬。 双眼张开，环顾房间四处，把灯打开确定自己不脱离现在此时此刻。注意在当下，不是过去或未来。

<p>Ways of Grounding</p> <p>Three grounding techniques are described below – mental, physical, and soothing. “Mental” means focusing your mind; “physical” means focusing on your senses (e.g. touch, hearing), and “soothing” means talking to yourself in a very compassionate way.</p> <p>You may find that one type works best for you. It may be necessary to practice a grounding strategy more than once before you begin to notice yourself coming back into the present moment, which is both okay and normal.</p>	<p>情绪着陆技术的方式</p> <p>以下说明三种着陆技术-精神、身体及缓和。“精神”的意思是注意您的心思；“身体”意指您的感官（如、触感、听觉），而“缓和”意指是用一个极富同情心的方式和自己说话。</p> <p>您可能会发现某个方式对你最适用。也可能需要不止一次地练习这个情绪着陆技术，您才会开始注意到自己回到当下的此时此刻，这都是正常的现象。</p>
<p>Mental Grounding</p> <ul style="list-style-type: none"> • <i>Describe your environment in detail.</i> Using all your senses, describe objects, sounds, textures, colours, smells, shapes, numbers, and temperature. For example, “The walls are white; there are five pink chairs; there is a wooden bookshelf against the wall; I smell brewed coffee.” • You can do this anywhere. For example, on the subway: “I’m on the subway. I’ll see the river soon. Those are the windows. I am sitting on the bench. The metal bar is silver. The subway map has four colours.” • <i>Play a “categories” game with yourself.</i> Try to think of “types of dogs,” “jazz musicians,” states that begin with ‘A,’ “cars,” “TV shows,” “writers,” “sports,” “songs,” or “cities.” • <i>Describe an everyday activity in great detail.</i> For example, describe a meal that you cook, e.g. “First I peel the potatoes and cut them into quarters. Then, I boil the water. Then, I make a herb marinade of oregano, basil, garlic, and olive oil”. • <i>Imagine.</i> Use an image. For example, glide on skates away from your pain; think of a wall as a buffer between you and your pain. • <i>Say a safety statement.</i> “My name is __; I am safe right now. I am in the present, not the past. 	<p>精神 “情绪着陆技术”</p> <ul style="list-style-type: none"> • <i>详细描述你的环境。</i> 利用你全部的感官，描述物件、声音、纹理、颜色、气味、形状、数字和温度。如，“这些墙是白色的；有五张粉色的椅子；墙边有个木制书柜；我闻到煮开的咖啡。” • 您可以随时随地做这个活动。例如，在地铁上，“我现在在搭地铁。我很快会看到河流。那些都是窗子。我正坐在板凳上。这个金属的手把是银色的。地铁的地图上有四个颜色。” • <i>和自己玩一场“分类”游戏。</i> 试着想一下“狗的种类，”“爵士音乐人，”说出以“A”、“车”、“电视节目”、“作家”、“体育活动”、“歌曲”或“城市”的词。 • <i>非常详细地描述每天的活动。</i> 如，描述您做的饭，例如，“首先，我先把土豆去皮并切成四块。然后，我把水给煮开。然后，我将墨西哥牛至、罗勒、大蒜及橄榄油做成香草腌料。 • <i>想象。</i> 利用图像。例如，把自己的疼痛给滑掉了；自己与疼痛之间隔了一道墙，作为缓冲。

<p>I am in __ (location); the date is __.”</p> <ul style="list-style-type: none"> Count to 10 or say the alphabet, very s l o w l y. 	<ul style="list-style-type: none"> 说一句安全的话。“我的名字是——：我现在很安全。我活在现在，不是活在过去。我现在在__（地点）；日期是_____。” 以非常缓慢的速度数到10 或说出字母的顺序。
<p>Physical Grounding</p>	<p>身体的情绪着陆技术</p>
<ul style="list-style-type: none"> Run cool or warm water over your hands. Grab tightly onto your chair as hard as you can and feel the sensation of your hands on your chair. Touch various objects around you, noticing their textures, colours, materials, weight, temperature. Explore these objects with curiosity as if you are seeing them for the first time. <p><i>Dig your heels into the floor</i> – literally “grounding” them! Notice the tension centred in your heels as you do this.</p> <ul style="list-style-type: none"> Remind yourself that you are connected to the ground. Carry a grounding object in your pocket – a small object such as a rock, piece of clay, a ring, a piece of cloth or yarn, that you can touch whenever you feel triggered to bring you back to the present moment Jump up and down. Notice your body – feel the weight of your body in the chair; wiggle your toes in your socks; feel your back against the chair. Feel yourself connected to the world. <p><i>Stretch.</i></p> <ul style="list-style-type: none"> Extend your fingers, arms, or legs as far as you can; roll your head around. Clench and release your fists slowly. Walk slowly, noticing each footstep, saying “left” or “right” with each step. Eat something, describing the flavours in detail to yourself. Focus on your breathing, noticing each inhale and exhale. Repeat a pleasant word to yourself on each inhale (e.g. a favourite colour, or a soothing word such as “safe” or “easy”). 	<ul style="list-style-type: none"> 开冷水或温水，把自及的双手浸泡在水里。 紧抓着您的椅子，越紧越好，感受自己双手抓在椅子上的感觉。 触摸您身边的各种物品，注意一下它们的纹理、颜色、材料、重量和温度。怀着好奇心，就好像您是第一次看到这些物件，探索研究一下这些物件。 <p>把自己的脚跟往地板里钻 – 就是像字面上这么说的，要把自己“着陆”在地板里！当你在做这个动作的时候，注意一下自己放在脚跟上的重心。</p> <ul style="list-style-type: none"> 提醒自己，你还是接触着地板的。 在自己的口袋里放一个“着陆”的物件 – 一个小物件，如石头、一块粘土、一个戒指、一块布料或纱。不管是什么物件，要能随时提醒自己回到当下的物件就行。 上蹦下跳。 注意自己的身体 – 感觉自己在椅子上的重量；动动在袜子里的脚趾头；感觉自己背贴在椅子上的感觉。让自己感觉你是和这个世界相连在一起的。 尽可能地伸展自己的手指头、手臂或脚；转转头。 握紧并慢慢地放松你的拳头。 慢行，注意踏出的每一步，同时说出“左”或“右”。 吃点东西，给自己详细地描述食物里的风味。 专心注意自己的呼吸，注意吸气与吐气。每次吸气时，就重复地对自己说一个愉快的词语（如，最喜欢的颜色，或一些令人缓和的词语，如“安全”或“放松”）。

Soothing Grounding	缓和的情绪着陆
<p><i>Say compassionate statement to yourself, as if you were talking to a friend.</i></p> <p>For example, “You are through a hard time, but you’ll get through this. One second at a time”. “May I be safe and cared for, May others be safe and cared for”</p>	<p>对自己说些 <i>安慰的话</i>, 就好像你在和朋友说话一样。</p> <p>例如, “你现在正在度过一个困难时期, 而且你会走过来的。一次一点点。” “愿自己得平安与关爱, 也愿他人同得平安与关爱”</p>
<ul style="list-style-type: none"> • <i>Think of favourites.</i> Think of your favourite colour, animal, season, food, time of day, a TV show. • <i>Picture people, you care about</i> (e.g., your children or parents) and look at photographs of them. • <i>Remember the words to an inspiring song, quotation, or poem</i> that makes you feel good. • <i>Remember a safe place.</i> Describe a place that you find very soothing (perhaps the beach or mountains, or a favourite room); focus on everything about that place – the sounds, colours, shapes, objects, texture. Explore this place with curiosity • <i>Say a coping statement:</i> “I can handle this,” “This feeling will pass.” 	<ul style="list-style-type: none"> • <i>想想最喜欢的事。</i>想一下你最喜欢的颜色、动物、季节、食物、一天某段时间、电视节目。 • <i>想像你关心的人</i> (如, 你的孩子或父母) 并且看看他们的照片。 • 记住那些让您感觉很好的 <i>鼓舞人心 歌曲里的歌词、引言或诗词</i> • <i>记住一个安全的地方。</i>描述一个让您感觉到舒服 (可能是沙滩或高山或是一个自己最喜欢的房间); 把注意力全放在关于那个地方的一切-声音、颜色、形状、物件和一切。怀着好奇心来探索这个地方。 • <i>说一句应对的话:</i> “这事我能处理, ” “这感觉会过去的。”
<i>Adapted from ‘Seeking Safety: A treatment manual for PTSD and substance abuse,’ Najavits (2002)</i>	<i>节录于 “寻求安全: 创伤后压力症候群及滥用药物的治疗手册, ” 作者 Najavits (2002)</i>
Online Resources	在线资源
Care for your coronavirus anxiety	新冠焦虑症的护理

https://www.virusanxiety.com/?fbclid=IwAR1FZGLXuWUtN6SUGf4Vsa5rSXGHLsCkhV_3dklZ1KC_hK4Fu7XuKY7b3aEw

On managing stress and anxiety	管理压力及焦虑
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<http://www.camh.ca/covid19>

Download a mental health app like “Shine: Calm Anxiety and Stress.”	下载心理健康 APP，如 “Shine: Calm Anxiety and Stress（照亮：安定焦虑及压力）。”
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<https://apps.apple.com/US/app/id1293721589?mt=8>
<https://www.tarabrach.com/pandemic/?fbclid=IwAR3W9OmoraYALGUXkiX5pS6W6psTnHZCB224 LCSCMJogghqVKfSZkS8S1Q—>
<https://www.the519.org/covid19-emotional-selfcare>
<https://blackfeministbreathing.tumblr.com/>

Podcasts	播客
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<https://www.endoftheworldshow.org/>
<https://brenebrown.com/podcast/brene-on-ffts/>

LINK TO OTHER COVID-19 resources - https://schliferclinic.com/covid-19-crisis-resources/	其他 COVID-19 的资源连结- https://schliferclinic.com/covid-19-crisis-resources/
The Barbra Schlifer Commemorative Clinic has been designated an essential service.	Barbra Schlifer Commemorative Clinic 纪念诊所已被指定为基本服务部门。
The Clinic remains open and accessible to clients, both on-site and online until further notice.	本所仍对客户开放提供服务，现场及在线，除另有通知外。
We are continuously taking measures to ensure the health and well-being of staff and clients. Although most of our staff now work	我们不断地采取措施以确保员工和客户的健康与福祉。虽然我们的员工现在大部分都是远程办公，我们也确定办公室总有员工办公来协助

<p>remotely, we have ensured that there is always someone on-site to assist drop-in clients. We do recommend, however, that before choosing to visit the Clinic, you consider calling our Intake Triage at 416-323-9149 ext 234, or filling out our intake form.</p>	<p>没有事前预约的客户。然而，我们建议您在来本所前，请您先致电接案中心（Intake Triage），电话号码是 416-323-9149，分机 234，或填好我们的接案表格。</p>
<p>Bellow are some of the resources we recommend:</p>	<p>以下是我们推荐的一些资源：</p>
<h2>Crisis Resources</h2>	<h2>危机资源</h2>
<p>RESOURCES Hotlines that may be useful during difficult times</p>	<p>这些资源热线在困难的时候可能有帮助</p>
<p>1. Assaulted Women's Helpline 24-hour, 7-days a week telephone and TTY crisis telephone line for all women in the province of Ontario who have experienced any form of abuse. Deaf & hard of hearing services are also available 24/7 Toll Free: 1-866-863-0511 TTY: 1-866-863-7868 • Offers support in different languages</p> <p>The Assaulted Women's Helpline can also support women fleeing violence access a violence against women shelter in the city of Toronto</p>	<p>1. 受虐妇女协助热线，7 天 24 小时全天候服务，电话及 TTY 危机电话热线为所有在安省受到任何形式虐待的妇女提供服务。失聪或听障服务，7 天 24 小时全天候服务，免费电话：1-866-863-0511。电传打字（TTY）：1-866-863-7868。提供不同语言的服务。</p> <p>受虐服务协助热线也提供远离暴力的支援服务，协助安置妇女到多伦多市里的女性避难所内。</p>
<p>2. Toronto Rape Crisis Centre / Multicultural Women Against Rape 24 hours a day, 7 days a week crisis line service for survivors of sexual violence and their family and/or friends. T: 416-597-8808</p>	<p>2、多伦多强暴危机中心/多元文化妇女对强暴说「不」热线，7 天 24 小时全天候服务，提供遭性暴力的幸存者及其亲友危机电话服务。电话号码为 416-597-8808。</p>
<p>3. Gerstein Crisis Centre 24-hour community-based crisis services for adults 16+ in the City of Toronto who are dealing with mental health, concurrent or substance use issues and are currently in crisis. T: 416-929-5200 TTY: 416-929-9647</p>	<p>3、格斯坦（Gerstein）危机中心 - 为多伦多市正处于心理健康、并发问题或毒瘾问题的 16 岁以上的成年人提供 24 小时社区危机服务。电话：416-929-5200 电传打字（TTY）：416-929-9647</p>

<p>4. Talk 4 Healing for Indigenous women 24/7 culturally grounded helpline for Indigenous women available in 14 languages across Ontario T: 1-855-554-HEAL (call or text) W: https://www.talk4healing.com/ (Live chat options available)</p>	<p>4、原住民妇女谈话热线 – 为在安省的原住民妇女提供 7 天 24 小时全天候服务文化发展受限电话热线，提供 14 种不同语言的服务。电话：1-855-554-HEAL（致电或发短消息）网站：https://www.talk4healing.com/（提供在线聊天服务）</p>
<p>5. Toronto Distress Line 24/7 telephone support for individuals in the community who are at risk and needing support with: chronic mental health problems, crisis intervention for those in distress or crisis, suicide prevention, family violence, emergency intervention & response. T: 416-408-4357 • Multilingual helplines open 10am-10pm (Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi & Urdu)</p>	<p>5、多伦多危难热线，7 天 24 小时全天候服务，为那些在社区深处危难并需要以下支援的个人：慢性精神问题、危难或危机干预、自杀防治、家庭暴力及紧急干预&应对。电话：416-408-4357</p> <ul style="list-style-type: none"> • 多语言协助热线自上午 10:00 至晚上 10:00（广东话、普通话、葡萄牙语、西班牙语、印地语、旁遮普语和乌尔都语）
<p>6. Canada Suicide Prevention Service: 24/7 phone and text support for people who are in crisis and/or suicidal. T: 1-833-456-4566 (Support line available 24/7) TXT: 45645 (Text support available from 4pm – 12 am)</p>	<p>6、加拿大自杀防治服务：7 天 24 小时全天候服务电话及短信支援，为处在危机及/或有自杀念头的人提供服务。电话：1-833-456-4566（随时可拨打支援热线，7 天 24 小时全天候服务短信号码：: 45645（短信支援服务时间为下午 4 点 – 凌晨 12 点）</p>
<p>7. Trans Life Line 24/7 peer support hotline run by trans people, for trans and questioning callers. T: 877-330-6366</p>	<p>7、变性生活热线，7 天 24 小时全天候服务，同志支援热线，由变性人士组织管理，为变性人士及有疑问的致电者提供服务。电话号码：877-330-6366。</p>
<p>8. LGBT Youthline Peer support line run by youth supporting youth (16-29) of 2SLGBTQ+ identities and lived experiences. All supports are available from 4pm-9:30pm EST every day except Saturday T: 1-800- 268-9688 TXT: 647-694-4275 W: https://www.youthline.ca/ (Chat options available)</p>	<p>8、LGBT 青年同伴支持热线 – 由支持 2SLGBTQ+（男女同性恋、双性恋、跨性别者及双灵）青年身份和生活经验的青年所组成。每周（除周六外），下午 4:00 至晚上 9:30，提供各种支援。电话：1-800- 268-9688 短消息：647-694-4275 网站：https://www.youthline.ca/（提供聊天服务）</p>
<p>9. Good2Talk Post-Secondary Line 24/7 support line for post-secondary students in</p>	<p>9、Good2Talk 专上热线，7 天 24 小时全天候服务，为安省专上后的学生提供专业咨询、信</p>

<p>Ontario to access professional counselling and information and referrals for mental health, addictions, and well-being T: 1-866-925-5454 TXT: 686868</p>	<p>息并提供精神健康、成瘾和安适推荐服务。电话： 1-866-925-5454 短消息： 686868。</p>
<h2>Food Resources</h2>	<h2>粮食资源</h2>
<p>Food Banks</p>	<p>粮食银行</p>
<p>1. The Stop Food Bank For those in the catchment area (Bloor St West to St. Clair Ave. West and Dovercourt Rd. to Runnymede Rd.) 1884 Davenport Road W: www.thestop.org/contact-us/ T: 416-652-2294 Mondays, Thursdays, and Fridays from 12-3pm* *Continue to call or check the agency website for updates</p>	<p>1、粮食银行-集水区站点（位于 Bloor St West 至 St. Clair Ave. West 与 Dovercourt Rd. 至 Runnymede Rd. 之间）地址： 1884 Davenport Road 网站： www.thestop.org/contact-us/。电话： 416-652-2294。周一、周四和至周五：自中午 12:00 至下午 3:00。*请随时致电或上机构网站索取更新信息。</p>
<p>2. Daily Bread Food Bank 191 New Toronto Street W: www.dailybread.ca T: 416-203-0050 E: info@dailybread.ca OPEN: Monday, Wednesday, and Friday: 1 pm to 4 pm* CLOSED: Tuesday, Thursday, Saturday & Sunday *Continue to call or check the agency website for updates</p>	<p>2、每日面包粮食银行（Daily Bread Food Bank）地点： 191 New Toronto Street。网路：www.dailybread.ca 电话： 416-203-0050。邮箱：info@dailybread.ca。服务时间：周一、周三和周五：下午 1:00 至下午 4:00。关门时间：周二、周四、周六及周日。*请随时致电或上机构网站索取更新信息。</p>
<p>3. North York Harvest Food Bank Multiple food banks serving northern Toronto W: northyorkharvest.com/find-a-food-bank/ T: 416-635-7771 ext. 0 Please call the referral line to find the closest food bank and hours E: info@northyorkharvest.com</p>	<p>3、北约克丰收粮食银行（North York Harvest Food Bank）多家粮食银行为北多伦多区提供服务。网站：northyorkharvest.com/find-a-food-bank/ 电话： 416-635-7771 分机 0。*请随时致电或上机构网站索取更新信息。</p>
<p>4.The Scott Mission (Various Locations) W: www.scottmission.com/covid-19 • 502 Spadina Avenue T: 416-923-8872* Food Bank: Pre-packaged groceries will be provided to-go at the front doors located on</p>	<p>4、史考特使命团（The Scott Mission）（多点）网路：www.scottmission.com/covid-19。地点： 502 Spadina Avenue 电话： 416-923-8872 *粮食银行：可在史考特使命团的北前门领取预先包好的外卖杂货。餐点：预先煮熟及包装</p>

<p>the northern end of The Scott Mission. Meals: Pre-cooked, pre-packaged meals will be distributed to-go at the laneway door on the south end of the building. • 1550 O'Connor Drive T: 416-923-8872, ext. 511* Food Bank: Pre-packaged groceries will be provided to-go every Tuesday at the front doors. *Continue to call or check the agency website for updates DROP-IN/ TO-GO MEALS</p>	<p>好的餐点均可在大楼南面的走廊门前供您带回。地址: 1550 O'Connor Drive 电话: 416-923-8872, 分机 511。*粮食银行: 预先包装好的杂货可在每周二在前门领取。*请随时致电或上机构网站索取更新信息- 随时领取/外卖餐点。</p>
<p>5. Christie Ossington Neighborhood Centre Packed Lunches 850/854 Bloor Street West W: www.conccommunity.org/drop-in/ T: 416-792-8941 Monday- Saturday:10am-12pm *Continue to call or check the agency website for updates</p>	<p>5、克里斯提奥斯辛顿 (Christie Ossington) 社区中心。盒装午餐领取地点为 850/854 Bloor Street West。网站: www.conccommunity.org/drop-in/。电话: 416-792-8941。周一至周六: 上午 10:00 至中午 12:00。*请随时致电或上机构网站索取更新信息。</p>
<p>6. The 519 Community Centre Take away meals given out. Come to the Fabarnak Café patio to receive your meal 519 Church Street W: www.the519.org T: 416-355-6782 Monday to Friday: 1pm and 4pm Saturday and Sunday: 12:30pm *Continue to call or check the agency website for updates</p>	<p>6、519 社区中心外卖发送。请前往 Fabarnak 咖啡店露台领取您的餐点。地址: 519 Church Street。网址: www.the519.org 电话: 416-355-6782。周一至周五: 下午 1:00 至 4:00。周六及周日: 中午 12:30。*请随时致电或上机构网站索取更新信息。</p>
<p>7. Drop-In at 1884 Davenport Take away meals only 1884 Davenport Road W: www.thestop.org/contact-us/ T: 416-652-7867 ext. 227 Mondays, Tuesdays, Thursdays, Fridays: 9-10am for breakfast; 12-1pm for lunch *Continue to call or check the agency website for updates</p>	<p>7、不需预约, 请到 1884 Davenport 外卖餐点。仅限此地点 1884 Davenport Road W。网路: www.thestop.org/contact-us/ 电话: 416-652-7867 分机 227。周一、周二、周四及周五: 上午 10:00 至 10:00 为早餐服务; 中午 12:00 至下午 1:00 为午餐服务。*请随时致电或上机构网站索取更新信息。</p>
<p>8. Toronto Council Fire Native Cultural Centre Serving meals outside of the building in place of regular drop-in food programming 439 Dundas Street East W: www.councilfire.ca/index.html T: 416-360-4350 *Continue to call or check the agency</p>	<p>8、多伦多市政消防局原住民文化中心 在大楼外面提供餐点, 替代定期偶到食物项目。地点在 439 Dundas Street East 网路: www.councilfire.ca/index.html 电话: 416-360-4350。*请随时致电或上机构网站索取更新信息。</p>

website for updates	
Internet Security	网路安全
How to clear browser history, and what two things to remove.	如何清除浏览器的浏览历史，及应该移除的两个东西。
<p>1. Your cache (this is where the computer stores copies of files you've recently looked at with your browser).</p> <p>2. Your History List (this is a single file containing the addresses of the places you've recently visited). Select the following browser that you use to find out more information about browsing privately and deleting your history.</p>	<p>1、你的缓存（电脑将你最近在浏览器里看过的档案复制后并存放在这里）。</p> <p>2、你的浏览历史清单（这是一份单独的档案，里面包含你最近上过的网站网址）。请在下面选择你使用的浏览器，了解更多关于浏览隐私并删除您的浏览历史的信息。</p>
Each site offers a step-by-step process to ensure you delete both your browsing history and your cache.	每个网站都提供详细的步骤确保您删除您的浏览历史以及您的缓存。
Google Chrome -	谷歌浏览器 Chrome -

https://support.google.com/chrome/answer/95589?hl=en&visit_id=637203184148294653-3584819908&rd=1

Internet Explorer	Internet Explorer 浏览器
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<https://support.microsoft.com/en-us/help/17438/windows-internet-explorer-view-delete-browsinghistory>

Firefox	Firefox 浏览器
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<https://support.mozilla.org/en-US/kb/delete-browsing-search-download-historyfirefox?redirectlocale=en-US&redirectslug=remove-recent-browsing-search-and-download-history>

Safari	Safari 浏览器
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<https://support.apple.com/en-ca/guide/safari/ibrw1069/mac>

<p>Why browsing in an incognito mode isn't truly private: The goal of private browsing is to prevent information from being automatically stored on your device, like browsing histories or downloaded cookies. Though in some instances, files that have been downloaded or bookmarked may still be saved. Then, the private browsing session expires only when the browser window is closed. The issue remains: Your activity may still be visible to the Internet service provider, as well as to the organization that provides the Internet connection, such as a school, college, or company. Also, the websites you visit may be able to view your session.</p>	<p>为什么在无痕迹模式下的浏览不是真正的隐私浏览：隐私浏览的目的是要避免任何信息被存放在你的设备里，例如浏览器历史或下载小甜饼（cookies）。虽然在某些情况下，已下载或作为书签的档案可能还是会被存取。然而，隐私浏览视窗也只有在关闭浏览器视窗后一起失效。问题仍旧存在：网路服务提供商仍然可以看到你的活动，和那些提供网路连线的机构，如，学校、学院或公司。同时，你造访的网站也可在看你停留在该网站的时间里的活动。</p>
<h2>How to access Employment Insurance (EI) for COVID-19 claims</h2>	<h2>如何为 COVID-19 获得就业保险 (EI) 津贴</h2>
<p>The number to call for COVID-19 related EI claims is 1-833-381-2725. Employment Insurance sickness benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time</p>	<p>申请与 COVID-19 有关的就业保险津贴电话号码是 1-833-381-2725。就业保险疾病津贴提供最多 15 周的误工费，并且只要是因疾病、受伤或隔离而无法工作的符合资格的申请人可以使用这项津贴，这让他们可以在家康复后复</p>

<p>to restore their health and return to work. Some employers provide their own paid sick leave or short-term disability plan.</p>	<p>工。有些雇主提供自己的带薪病假或短期残疾计划。</p>
<p>Before you apply for EI sickness benefits, check with your employer to find out if they have a plan in place.</p>	<p>在您申请就业保险（EI）疾病津贴前，请先联系您的雇主，了解他们是否已有安排的计划。</p>
<ul style="list-style-type: none"> • The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim. • People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate. • People who cannot complete their claim for EI sickness benefits due to quarantine may apply later and have their EI claim backdated to cover the period of delay. Service Canada has set up a separate phone line to contact them to set up EI claims for quarantine, illness, work closure, etc. due to COVID-19. 	<ul style="list-style-type: none"> • 被隔离的首次申请津贴者可免除一周的就业保险（EI）疫情津贴的等待期，如此，他们即可在申请后的第一周领取工资。 • 因为隔离而申请就业保险疫情津贴者不需提供医生证明。 • 因为隔离而无法完成申请就业保险疫情津贴者可以之后再提出申请，并且可以追溯日期，将延滞的日期计入。加拿大服务局（Service Canada）也设有专线，协助因 COVID-19 造成的隔离、疾病、公司停业的民众申请 EI 津贴。
<p>NOTE: They will not help you with anything else at this phone number. Likewise, the main EI number cannot help you with COVID-19 claims. The only number to call for COVID-19 related EI claims is 1-833-381-2725. If you are experiencing symptoms such as cough, fever, difficulty breathing, or you are in self-isolation or quarantine, do not visit or enter any Service Canada office. As an alternative, you may access our services online or by calling 1 800 O-Canada. For other legal questions relating to COVID-19 please visit: https://stepstojustice.ca/covid-19</p>	<p>注意：本电话号码仅能协助此项申请。同样，就业保险的拨打电话号码也无法帮您申请 COVID-19 的津贴。如要申请与 COVID-19 有关的津贴，您只能拨打此电话号码 1-833-381-2725。如果您有症状，如咳嗽、发烧、呼吸困难或您正自我隔离或隔离，请勿亲自前往或进入任何加拿大服务局（Service Canada）办事处。或者，您可以利用我们的在线服务或致电 1 800 O-Canada。要了解其他关于 COVID-19 的法律问题，请造访 https://stepstojustice.ca/covid-19</p>
<p>Online doctor consults & medical</p>	<p>在线医生咨询&医疗建议</p>

advice	
<p>1. Telehealth Ontario Get fast, free, medical advice Due to high call volume, self-screen for COVID-19 before calling https://covid-19.ontario.ca/selfassessment/#q0 T: 1-866-797-0000 W: https://www.ontario.ca/page/get-medical-advice-telehealth-ontario</p>	<p>1、安省远程医疗电话服务（Telehealth Ontario）提供快速及免费的医疗建议。由于电话来电数量增大，烦请在拨打电话前，请您先做自我筛选 COVID-19。 https://covid-19.ontario.ca/selfassessment/#q0 T: 1-866-797-0000 W: https://www.ontario.ca/page/get-medical-advice-telehealth-ontario</p>
<p>2. Maple Online medical advice, virtual health and prescription in Canada Available 24/7</p>	<p>2、枫叶（Maple）加拿大在线医疗建议、医疗及处方药，7天24小时全天候服务。</p>

https://www.getmaple.ca/?utm_term=%2Bonline%20%2Bmedical%20%2Badvice&utm_content=44194891659&utm_campaign=870052473&gclid=EAlaIqobChMI8vmKhtim6AIVf__jBx0aAwpTEAAYASAAEgJta vD_BwE

<p>3. Shoppers Drug Mart Safely consult with doctors online from March 16 -31 7 am – 7 pm</p>	<p>3、Shoppers Drug Mart 无忧安全，在线医生咨询3月16~31日，上午7:00 ~晚上7:00。</p>
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<https://www.getmaple.ca/shopperscanada-fghaeignifaoeif/?prov=on>