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The gym and hobby shop are re-opening this week. Sign up books have been placed at the console of each living unit. Please only sign up for one day/time slot at a time.

Gym time will run at the same time as yard, when SPO's are on shift. Capacity in the gym = 12. Capacity in the hobby shop = 6. The SPO's will be escorting the cohorts going to the gym or hobby shop. SPO's will be tracking the sign up sheets to ensure equitability among and within units. Masks are mandatory at all times in the gym and hobby shop. Hand sanitizing upon entry and exit is also mandatory. You will also be asked to sign a disclaimer agreeing to follow all necessary health and safety precautions and the direction of the SPO's. Failure to do so will result in loss of hobby/gym privileges. No access to bathrooms or water fountain while in gym/hobby shop. Please plan accordingly.

S

"Build a better world" said God.

And I answered "How? The world is such a vast place, and so complicated now, and I am small and helpless. There's nothing I can do."

But God in all his Wisdom said "Just build a better you." (author unknown)

**Pages 12 to / à 13
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I LOST MY WAY, I FORGOT

to call on your name. The raw heart beat
against the world, and the tears were for my
lost victory. But you are here. You have always
been here. The world is all forgetting, and the
heart is a rage of directions, but your name unifies
the heart, and the world is lifted into its place.
Blessed is the one who waits in the traveller's
Heart for his turning. (Leonard Cohen, Book of Mercy.)

The Chaplains are very pleased to announce that:

- Small groups, services, and 1-1 appointments led by Tradition Specific Chaplains are starting up at Mission Institution (Medium and Minimum) over the next few weeks.
- Group size is limited nationally to 5 inmate participants, and separation by Cohorts is to be maintained.
- It might take several weeks for a Chaplain to meet with all members, as they will need to meet by Cohort - or even sub-cohort (Min).
- Do expect shorter meetings as the Chaplains may seek to fit several sessions into a morning or afternoon.
- All participants will be required to wear masks in the Chapel and to maintain physical distancing.
- At the Medium, sign-up sheets will be placed in the sign-up Binder in each Unit prior to each scheduled session. Please do read the conditions/expectations outlined on the sign-up sheet.

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HeadsUpGuys.org

Resources and support for men struggling with mental health and general coping



ManTherapy.org

Resources, info on all subjects – Lots of humour!!

(stress, sleep, anger, grief, addiction, depression, anxiety, etc)



HereToHelp.bc.ca

Mental health and substance use information, resources

BC specific



AnxietyCanada.com

Covid specific coping tools, easy to use resources, free app

Specific resources for children, teens and adults



Fraser Health Crisis Line

24/7 support

Does not need to be a crisis! Call for a supportive person to talk to



Virtual Hope Box

Free app (designed by and for the US Armed Forces)

Offers coping tools, calming strategies, guided visualizations

Corrections Canada EAP Call 1-800-268-7708

Talk to colleagues, chaplains, CISM team – we all get it

We are all in this together!

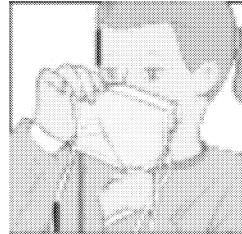
TABLE 1. SYMPTOMS OF CHRONIC STRESS

Cognitive symptoms	<ul style="list-style-type: none"> Memory problems Inability to concentrate Poor judgement Negativity Anxious or racing thoughts Worrying
Emotional symptoms	<ul style="list-style-type: none"> Depressed mood Anxiety/agitation Moodiness/irritability Anger Feeling overwhelmed Loneliness
Physical symptoms	<ul style="list-style-type: none"> Aches and pains Diarrhea/constipation Nausea/dizziness Tachycardia/chest pain Decreased sex drive Frequent illnesses
Behavioral symptoms	<ul style="list-style-type: none"> Over- or undereating Over- or undersleeping Isolation Neglecting responsibilities Self-medicating Nervous habits (eg, nail biting)

Guidance on Extended Use of Surgical/Procedural Masks For Activities Involving Close Proximity to Asymptomatic Individuals

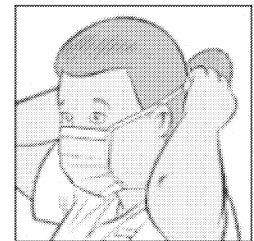
DONNING AND REUSING PERSONAL PROTECTIVE EQUIPMENT (PPE) - MASK

1. **Wash your hands**
2. Don the mask by following steps a + b, making note of which side is the front and which is the back
 - a. Cover nose and mouth with surgical/procedural mask, tie or secure straps around ears
 - b. Shape the mask to your nose
3. **Wash your hands** again
4. **Wash your hands** prior to removing your mask to eat or drink, to remove the mask following steps 2- 4 **below**
5. **Wash your hands** again
6. **Wash your hands** before putting the mask back on



DOFFING AND REUSING PERSONAL PROTECTIVE EQUIPMENT (PPE) – MASK

1. **Wash your hands** prior to adjusting or removing your mask
2. Detach the top and bottom ties, or remove straps from ears
3. Pull mask forward, avoiding touching the front
4. Place mask in a container (ie paper bag) and label the bag to show which is the front/back of your mask so you can reuse the mask
5. Dispose of mask in the appropriate receptacle
6. **Wash your hands**



IMPORTANT NOTES

- If the mask is not visibly soiled, torn or saturated, carefully store the mask in a safe location in a brown paper bag or between two pieces of paper/paper towel with your name on 'front' and 'back' on the two sides. Insert your mask so that the front of the mask faces the side of the bag labelled front. .
- A single mask can be worn between all activities requiring less than 2 metres of physical distancing so long as all individuals are asymptomatic
- Staff/contractors who are frequently required to be within 2 metres of other staff/contractors or offenders should wear their mask (as required) for 2 days before being replaced.
- Staff/contractors who are able to carry out their duties and physically distance more consistently should aim to use the same mask for 5 days.
- Given the international shortage of surgical/procedural masks all staff/contractors should make every effort to ensure maximize the longevity of each mask so that we can collectively preserve supply for higher risk activities.

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