



How to support your CITY

Neighbours helping Neighbours

Commit to three acts of kindness in support of your neighbours and community during the COVID-19 pandemic.

1. Support local businesses
2. Donate blood
3. Give to the Food Bank or other food charities
4. Donate money to charitable organizations
5. Volunteer at a basic needs or health care organization
6. Join a virtual support group or on-line community
7. Post messages or signs thanking healthcare and essential services workers
8. Foster a pet
9. Be kind. Spread hope and positive messaging
10. Stay home