

Berkeley Castle Covid 19 - Tenant Update

#28 - September 22, 2020

Our COVID numbers are up, and that's not a good thing.

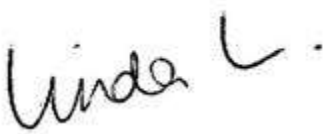
Seeing the numbers in Ontario, and the City of Toronto going up, and having tighter restrictions for gathering imposed on us again (maximum 10 inside and 25 outside) is enough to dampen the spirits of even the most optimistic.

Don't let this get the better of you. I'm challenging each and everyone one of you to take this opportunity to reach out to others. Scroll through your contacts and connect with an old friend you haven't spoken to in ages; a single parent you know with kids at home, someone who lives alone, anyone.... Don't just text. Call them, use facetime or WhatsApp, even arrange for a distanced outdoor walk. I guarantee it will lift both your spirits, at a time when we can all use it.

At Berkeley Castle, we continue to work hard to keep the building safe for all visitors. We also have staff on duty 24/7 and are happy to chat with you anytime about what's going on in the building.

Help When You Need It:

<http://www.mentalhealthto.ca/>



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