



# City of Pitt Meadows Community Check-In Task Force

We Are Here To Help



Are you living alone, feeling alone or in need of support during these challenging times?

The City of Pitt Meadows, in partnership with Community Services, wants to make sure you get the support you need.

Whether it is providing a regular check in phone call to make sure you are okay or referring you to the many resources that are available, we are here to help.

**We are in this together.**

If you would like to receive this kind of support or would like more information:

**Call Community Services 604.467.6911**

Supporting Services for: children, youth, individuals, families and seniors including legal resources, mental health, counselling, volunteering and referrals to further resources.