



Resources – Work/Life Balance

PSAC – COVID-19, Knowing Your Rights at Work

<http://psacunion.ca/covid-19-your-rights-work>

Canadian Centre for Occupational Health and Safety – work/life balance

https://www.ccohs.ca/oshanswers/psychosocial/worklife_balance.html

Canadian Psychological Association – Working From Home Facts Sheet

https://cpa.ca/docs/File/Publications/FactSheets/PW_COVID-19_Working%20from%20Home.pdf

Canadian Mental Health Association

<https://cmha.ca/news/covid-19-and-mental-health>

211 Regional Resources

Saskatchewan <http://sk.211.ca/>

Alberta <https://www.ab.211.ca/>

Manitoba <https://mb.211.ca/>

