

Caregivers Network has created a postcard template to help neighbours and others in the community reach out to each other. This file makes 4 postcards and can be personalized. The goal of the postcard is to give people permission and encouragement to reach out and offer to help. Those who are socially isolated, such as caregivers and seniors can be hard to find. Seniors and Caregivers may be unsure of where to ask for help. Even if it does nothing but put a smile on the face of another knowing someone cares and is thinking of them – reaching out is worth it.



***Hello Neighbour!***  
*Can't Leave Your House?*



**CAREGIVERS**  
NETWORK for East Kootenay Seniors



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**My Name:** \_\_\_\_\_

**My Addresss:** \_\_\_\_\_

**My Cell Number:** \_\_\_\_\_

**My Email:** \_\_\_\_\_

*Please give me a call if you need support - even just a phone call. Urgent supplies can be left on your doorstep. You can also call **BC 211** for help.*



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