



Langs continues our commitment to serve the community, while ensuring the safety of our staff and neighbours.

**We are here for your needs.**

To make an appointment with your provider for essential primary care services, please contact us at:

**(519) 653-1470, press 2 for medical reception.**

We are happy to serve you by phone as we work to help slow the spread of COVID-19.



**On this page, Langs Staff share ideas how children, youth and families can stay well during the COVID-19 pandemic**

**CLICK HERE FOR: HOW TO TALK TO CHILDREN ABOUT COVID-19 AND ITS IMPACT?**

If you are wondering how to talk to your children about COVID-19 or how to manage stress and anxiety at this time, check out this link from CAMH.



**HAPPINESS CORNER**

We can't control all our happiness:



**KIDS & TEENS**

**While Practicing Physical**

50% is genetic  
10% is life circumstances  
40% is what we can control

## Happiness Increasing Activities are like Exercise for the Brain!

### Happy People:

- Are more sociable, energetic, charitable and cooperative
- Are more resilient, have stronger immune systems, and are physically healthier
- Live longer.
- Know that they are worthy human beings

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### Pick a Happiness Increasing Activity that Works for You and Begin to Practice:

- Express gratitude
- Practice optimism
- Practice acts of kindness
- Nurture social relationships
- Do what you love
- Set goals
- Take care of your body



## Distancing...

- Take time to stretch
- Walk around your home
- Spend time by a window reflecting
- Find a YouTube exercise video
- Try a new breathing exercise
- Listen to music and dance
- Maintain a daily routine
- Connect with family and friends through technology
- Eat well
- Cope through mindfulness, exercise, and/or prayer

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## Community Resources

You can access many other community resources for children, youth and families by clicking the links below:

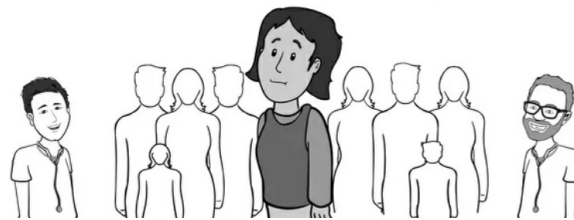
[Big White Wall is a Safe Community to Support Your Mental Health 24/7](#)

[Mind Your Mind Offers Innovative Resources to Build Capacity and Resilience](#)

[The Children and Youth Planning Table of Waterloo Region - Further Resources](#)

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## COVID - 19



Check out this great video from St. Michael's Hospital on how to protect yourself and others during the COVID-19 outbreak

[Click Here for Video](#)

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If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine how to seek further care.

**Click Below:**

[COVID-19 Self-Assessment Test](#)

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