

NOTE: If a resource is updated, please document the date in the “last updated + source” column

External programs & resources active during COVID closure

NOTE: We recommend calling before you visit to confirm hours and availability.

This is an ongoing list of the orgs that we know are still providing support, either by phone, online or as part of emergency supports. It has been compiled based on a number of email updates and other community resource lists the SKETCH team has received. Please let us know if you have resources to add, and we will continue to share this with our communities.

We also invite you to keep an eye on the SKETCH [Facebook](#) & [Instagram](#) pages for updates, useful resources, Quarantine art and more!

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1. Drop-Ins, Food Banks + Meals

Org	Last updated & source	Update - what's closed, what supports will be available
The Food Link	Mar 18	Call 416 392 6655 - to be directed to your nearest food bank

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Hotline		
<p>The Stop</p>	<p>Updated March 14 blog post Mar 18</p>	<p>1884 Davenport Road www.thestop.org/contact-us/ 416-652-2294</p> <p>The Stop Community Food Centre will be shifting its resources away from community programming and towards emergency food access services starting Monday, March 16. We will continue to provide essential food access services to our community in an adjusted form:</p> <ul style="list-style-type: none"> • The Stop’s Food Bank will run Mondays, Thursdays, and Fridays, <i>11am-3pm</i>; call to confirm 416-652-2294 • The Healthy Beginnings Food Bank will run Wednesdays, <i>12-1pm</i> • The Drop-in at 1884 Davenport will serve takeaway meals on Mon, Tues, Thurs and Fri, <i>9am-10am for breakfast, 12pm-1pm for lunch</i> • The Stop’s Wychwood Open Door will serve takeaway meals on Mon, Wed, and Fri <i>8:30am-10am for breakfast, 12:30pm-2pm for lunch</i> • The Stop’s Community Advocacy Office will no longer hold in-person office hours. <p>Info + Referrals By Phone Only (416) 652-7867 x243 Monday-Friday <i>10am-2pm</i></p>
<p>BlackCreek Farms</p>	<p>March 13 blog post and IG Mar 18</p>	<p>Delivering free emergency produce boxes to local homes via foodshareto. Priority is Jane and Finch residents To fill out an application or donate www.blackcreekfarm.ca</p>
<p>The 519</p>	<p>Email from</p>	<p>At this time, we are providing the following services for our communities:</p>

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<p>(Building Closure, with meals available)</p>	<p>Forouz Salari FSalari@The519.org Mar 18</p>	<p>Free Takeaway Meals: 7 days a week on The 519 patio in front of FABARNAK Café:</p> <ul style="list-style-type: none"> · Monday to Friday: 1-4pm · Saturday and Sunday: 12:30pm <p>Friendly Check-In by phone or email (not counselling)</p> <ul style="list-style-type: none"> · As access to community spaces is limited right now, we are offering our communities a friendly phone or email check-in by The 519 staff once a week Monday to Friday. · This service is to check-in on how you are doing, and offer information and updates. · Folks can register for the Friendly Check-In program, by completing the following online form: the519.formstack.com/forms/friendly_phone_program · Through this form, they may also give The 519 consent to contact emergency response services on their behalf and share their information with them, in case of an emergency. · These registration forms will also be available during our takeaway meal service. <p>Community members can contact our Front Desk between <u>10am to 7pm Mon to Fri</u> and between <u>10am to 4pm on Saturday and Sunday</u> at 416-392-6874 or Info@The519.org</p> <p>We will continue to provide updates regarding our operations as the situation evolves through our social media channels and website.</p>
<p>The Daily Bread Food Bank</p>	<p>Mar 18</p>	<p>The Daily Bread Food Bank is continuing their regular scheduled programming while taking extra precautionary steps to protect health and safety. Here is a link to their offerings and information: https://www.dailybread.ca/</p> <p>191 New Toronto Street https://www.dailybread.ca 416-203-0050 info@dailybread.ca Check the website or phone for updates regarding the changing situation</p>
<p>North</p>	<p>March 18,</p>	<p>Multiple Locations https://northyorkharvest.com/find-a-food-bank/ 416-635-7771 ext. 0 </p>

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<p>York Harvest Food Bank</p>	<p>(info from the 519)</p>	<p>info@northyorkharvest.com Phone the referral line or email them to determine what food banks are still open and how to gain access</p>
<p>The Scott Mission (Food Bank)</p>	<p>March 18 (info from the 519)</p>	<p>Various Locations https://www.scottmission.com/covid-19/ <u>502 Spadina Avenue</u>: Prepackaged groceries will be provided at front doors located at the northern end; prepackaged take away meals will be available at the south end of the building <u>1550 O'Connor Drive</u>: Prepackaged groceries will be available every Tuesday from the front doors</p>
<p>Toronto Council Fire Native Cultural Centre (Food)</p>	<p>Mar 18</p>	<p>439 Dundas Street East https://www.councilfire.ca/index.html 416-360-4350 Serving meals outside of the building in place of regular drop-in food programming; call to confirm</p>
<p>YSM Evergreen Youth 16-24</p>	<p>Thurs Mar 19</p>	<p>The 'hang out' and dining spaces are closed.</p> <p>What's Available: To-go meals available from 12 -2 and snacks thereafter until 4:30. Coffee and bottled water will be available from 12:00 to 4:30.</p> <p>Additionally, Drop-In will be available for assistance and clothes, hygiene supplies, sleeping bags, warm wear, etc.</p>

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		<p>While all other non-essential services are paused until April 5th,</p> <p>Our Health Center will be available as follows: Nurse is available for phone consults and referrals Nurse Practitioner can see urgent medical issues by appointment Urgent Psychiatry visits can be arranged To schedule appt: please email or call - healthcentre@ysm.ca 416-929-9614 ext 2238</p> <p>Phone counselling by appointment MON- THURS. Speak with Drop-In, contact Nazreth at nmebrahtu@ysm.ca, or 416-929-9614 ext 2269.</p> <p>Child Care Supplies Available Our Nursery has paused child care services. Current families may receive a 2 week supply of child supplies. To coordinate pick up, please contact Ruth at rrolin@ysm.ca or 416-929-9614 ext 2232.</p> <p>Employment Support The YSM Evergreen Employment Centre has postponed all Job Programs and Placements. One on one telephone appointments can be scheduled by calling the Employment Centre at 416-929-9614 ext 2278.</p> <p>Housing assistance via telephone MON- THURS by appointment call Olaide at 416-929-9614 ext 2234.</p>
<p>Central Toronto Youth Services</p>	<p>Email from Sandy Watters, March 18, Sandy.Watters@ctys.org</p>	<p>Our office is closed for two weeks, all group work is on hold and we have been directed not to meet clients in person. However I am currently checking in with clients by phone, text and email as our agency is looking at what video platforms are appropriate and in line with privacy legislation that we adhere to.</p> <p>Please know that I am still here working remotely to support the mental health and wellbeing of clients as well as direct them to resources.</p>

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		<p>Some things that I think may be important for Sketch participants to know: (you may already have this info!)</p> <ul style="list-style-type: none"> · There is a halt on all evictions currently https://www.msn.com/en-ca/news/canada/ontario-puts-brakes-on-new-eviction-orders-postpones-ones-in-the-works-because-of-covid-19/ar-BB11huSx?ocid=spartanntp · Toronto Public Health is updated constantly regarding recommendations, testing sites, etc. I’ve been directing many youth there to get accurate timely info https://www.toronto.ca/home/covid-19/ · There is a lot of info online and through agencies around managing mental health during this stressful time. Here is one from BBC that has some specifics on anxiety and OCD https://www.bbc.com/news/health-51873799
<p>COVID Assessment Centre</p>	<p>Toronto.ca Mar 18</p>	<p>www.toronto.ca/home/covid-19/covid-19-health-advice/covid-19-assessment-centres/</p> <p>Call 811 OR 416 338 7600 (If you plan on visiting your family doctor, please call before visiting)</p>
<p>To Get Connected with a Doctor if you’re Homeless</p>	<p>Mar 18</p>	<p>Inner City Family Health 69 Queen St E, Toronto, ON M5C 1R8 Phone: (416) 368-5666</p> <p>There are phone & web based supports. I often use: Gerstein 416-929-5200 Distress Line 416-408-4357 For greater multi lingual : Spectra 416-920-0497</p>

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2. Mental Health Resources

Resource	Last updated & source	Description & Updates/Availability
List of Resources	March 18, Cue	List of Mental Health Resources during COVID19 http://bit.ly/2QpfazN
Friends of Ruby	Email from Leticia, March 13 Mar 18	<ul style="list-style-type: none"> ● onsite programs closed March 16-30 ● mental health, crisis and practical support through phone and other virtual tools. ● If a youth needs any type of assistance with mental health or coping with COVID-19, or finding food, shelter and other resources they can call 416-359-0237 or email: info@friendsofruby.ca.
Mental Health Peer Support Lines	March 18, Youthline Email Update and the 519	<p>LGBT Youth Line – peer support by and for people 29 and under</p> <p>As of Wednesday, March 18th we will moving our HelpLine to operate as a fully remote service. Our wait times might be a bit longer – we are seeing an increased demand for services like ours at this time.</p> <p style="text-align: center;">Sunday-Friday 4-9:30PM EST Text: 647-694-4275 Chat online: www.youthline.ca Email: askus@youthline.ca Phone: Currently not available</p> <p style="text-align: center;">For more information, visit www.youthline.ca</p>

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		<p>Progress Place Warmline – peer support hotline Call 416-960-9276 Text 647-557-5882 Chat www.warmline.ca</p>
<p>Online Resource: Managing Anxiety + OCD</p>	<p>March 18, Sandy Watters, CTYS</p>	<p>· There is a lot of info online and through agencies around managing mental health during this stressful time. Here is one from BBC that has some specifics on anxiety and OCD https://www.bbc.com/news/health-51873799</p>
<p>Phone Crisis Support</p>	<p>March 18</p>	<p><u>For people of all ages, genders, and sexual orientations</u> Gerstein Crisis Centre (24/7): 416-929-5200 Toronto Distress Centre (24/7): 416-408-4357 or text 741741 (2am-2pm daily)</p> <p><u>For people under 20 years old</u> Kids Help Phone: (24/7) Call 1-800-668-6868. Visit www.kidshelpphone.ca Or text TALK to 686868 to chat with a volunteer Crisis Responder 24/7.</p> <p><u>For people 65+ years old</u> Crisis Outreach Service for Seniors (9:00am-5:00pm daily): 416-217-2077</p>
<p>Other Crisis and Information Services</p>	<p>March 18</p>	<p>City of Toronto: Community and Social Services Hotline (24/7): 2-1-1 or www.211toronto.ca</p> <p>Central Intake: Emergency Shelter Access (24/7): 416-338-4766 or 1-877-338-3398</p> <p>COVID Telecare: 811 (for COVID only)</p> <p>Telehealth Ontario (24/7): 1-866-797-0000 (For non-COVID only)</p>

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		Ontario Legal Line (24/7): 416-929-8400 Online legal information: www.cleo.on.ca and www.stepstojustice.ca
Assaulted Women’s Helpline – For Women, Non-Binary, and Trans folks	March 18	Assaulted Women’s Helpline (24/7) – For Women, Non-Binary, and Trans folks 416-863-0511 TEXT #SAFE (#7233) on your cell phone Call for access to Violence Against Women (VAW) shelters, counselling, support, and other resources
1 in 6 Men’s Helpline Chat – For Men, Non-Binary, and Trans Folks	March 18	1 in 6 Men’s Helpline Chat – For Men, Non-Binary, and Trans Folks 24/7 https://1in6.org/helpline/ Use the online chat to access counselling, support, and other resources

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3. Emergency Housing + Tenant Supports

Resource	Last updated & source	Description & Updates/Availability
Halt on Evictions	March 18, Sandy Watters, CTYS	<p>NOTE: There is a halt on all evictions currently https://www.msn.com/en-ca/news/canada/ontario-puts-brakes-on-new-eviction-orders-postpone-s-ones-in-the-works-because-of-covid-19/ar-BB11huSx?ocid=spartanntp</p>
Toronto Tenant Hotline	Mar 18	Toronto Tenant Hotline: 416-921-9494 https://torontotenants.org Monday-Friday, 8:30am–6:00pm
Landlord & Tenant Board	Mar 18	Landlord & Tenant Board Monday-Friday, 8:30am-5pm 416-645-8080
Centre for Equality Rights in Accommodation (CERA)	Mar 18	Centre for Equality Rights in Accommodation (CERA) http://www.equalityrights.org/ 416-944-0087 cera@equalityrights.org
Accessing Emergency Shelters	Mar 18	<p>Central Intake Line 24/7 416-338-4766 or 1 (877) 338-3398</p> <p>EMERGENCY SHELTERS CONTINUE TO REMAIN OPEN. CONTACT CENTRAL INTAKE FOR SUPPORTS.</p>

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The 519-1-on-1 Housing Supports for LGBTQ2S Youth 16-29	March 18, the 519 email	<p>The 519 Community Centre – For LGBTQ2S Youth Ages 16 to 29 519 Church Street https://www.the519.org/programs/housing-services 416-355-6782 PHONE/EMAIL SUPPORT ONLY: Email vwatson@the519.org to set up</p> <p>The 519 is committed to providing housing support to lesbian, gay, bisexual, trans, queer, 2-spirit (LGBTQ2S) youth age 16-29.</p> <p>The 519 provides one-on-one services which assist youth with housing application, housing searches, referrals to community resources, housing services and programs. We can also support youth in eviction prevention, addressing issues of discrimination in housing and assistance with furniture.</p>
Friends of Ruby (formerly Egale) – For LGBTQ2S Youth up to Age 29	March 18, the 519 email	<p>489 Queen Street E, LL01 http://friendsofruby.ca/ 416-359-0237 info@friendsofruby.ca PHONE/EMAIL SUPPORT ONLY: contact the above phone number/email to access crisis supports, housing help</p>

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4. Supports for Artists

Resource	Last updated & source	Description + Updates
Funding	<p>CUE March 18</p>	<p>Resources for Canadian artists, writers and media workers during COVID-19 shutdowns: https://docs.google.com/document/d/1j5G-290oBGludXRJEV4pS-sdefCX9MWUkww2WT7K99Y/preview</p> <p>Mutual Aid Funds >> many of these initiatives are both accepting donations and disseminating funds:</p> <ul style="list-style-type: none"> ● Emergency Fund for Toronto's Precarious Workers http://bit.ly/38V2rv5 ● Canadian Low-Income Artist/Musician Relief Fund http://bit.ly/39ZSii6 ● Woodcock Fund Grant — emergency funds for writers mid-project http://bit.ly/2wdBxkQ ● Unison — financial aid for musicians http://bit.ly/3d6TvGi ● Black Emergency Support Fund from BLMTO <ul style="list-style-type: none"> ○ Donate: http://bit.ly/2IWhk5Q ○ Apply to: http://bit.ly/3b4XCRG ● Emergency Survival Fund for LGBTQ2S artists, performers, tip-based workers http://bit.ly/2WhDtUh ● NABS financial assistance for media, marketing, and communications pros http://bit.ly/39ZSVbs ● The AFC — Emergency financial aid for entertainment pros http://bit.ly/391uvx0 ● North American Mutual Aid Fund for LGBTQI+ BIPOC Folks http://bit.ly/3948gXu

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<p>Glad Day Emergency Fund</p>	<p>March 18 (the 519)</p>	<p>499 Church Street https://www.gladdaybookshop.com 416-901-6600</p> <p>Currently offering an emergency fund for LGBTQ2S artists, tip-based workers, and performers. Check the website for how to apply</p>
<p>For Artists</p>	<p>Naty Collective Care Program</p>	<p>Want to post your work? www.socialdistancingfestival.com/?fbclid=IwAR217X7K8jQru-jmNJ2nwNm5zmKrbpVe6BHto29p_6mX0qf_gjTkoazyOD88</p> <p>Need to talk to other makers/creatives: discordapp.com/invite/RvJXt4?fbclid=IwAR0CIXSgRjoIABEaNWoWWN7aurTPaSW8t4sqkhLr4uvToqT1zSbGDw0-4j0</p>
<p>Petitions</p>	<p>CUE Mar 18</p>	<p>Petitions / Letters To Gov't re: COVID-19</p> <ul style="list-style-type: none"> ● Urgent Action: Eviction Freeze, Rent Flexibility, EI for All, Loan Payment Freeze. by ACORN Canada http://bit.ly/2U0WmJD ● Advocacy Centre for Tenants Ontario http://bit.ly/2WiuVMR ● Cancel rent and mortgage payments during Covid-19 on Change.org http://bit.ly/2TWyiau ● Covid-19 Support for Entrepreneurs, Consultants & Gig Economy & Part-time Workers on Change.org http://bit.ly/2IXMGZK ● Letter by Downtown Legal Services (unfortunately this cannot be signed but it can be circulated on socials to raise awareness.) http://bit.ly/39ZAfsu ● “Support Migrant Demands! COVID-19 Response Must Leave No One Behind” by Migrant Rights Network http://bit.ly/3b86ZQx

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<p>Other Resources</p>	<p>Mar 18</p>	<ul style="list-style-type: none"> ● The 519: Mental Health, Housing & Newcomer Services (available by Phone & Online); <i>download here:</i> https://the519.org/media/download/4337 ● Government of Canada: Making EI claims specific to COVID-19 http://bit.ly/33oqhyi ● “COVID-19 Resources” — <i>A resource sheet consolidating a number of grassroots resources re: Mutual Aid, Disability Justice, and Community Care; Holistic Health; Organizing & Activism; Critical Political Analysis and more.</i> http://bit.ly/2Wm73Yw ● Free / Low Cost Mental Health Resources in Toronto http://bit.ly/2TYISPG ● “Half Assed Disabled Prepper Tips for Preparing for a Coronavirus Quarantine” http://bit.ly/2Wo1eKe ● SUGGESTED HEALTH & SAFETY GUIDELINES FOR VOLUNTEERS SUPPORTING HIGH-RISK COMMUNITY MEMBERS DURING COVID19 http://bit.ly/3b59l2E ● COVID-19 Freelance Artist Resources http://bit.ly/2TV9HTz ● Resources for Canadian artists, writers and media workers during COVID-19 shutdowns http://bit.ly/3b4O9cZ ● External programs & resources active during COVID closure by SKETCH Toronto http://bit.ly/39020Qc ● Coronavirus Sanity Guide by Ten Percent Happier http://bit.ly/2vyWAOI

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5. Community + Online Resources

Resource	Last updated & source	Description & Updates
Facebook Groups	March 18, (the 519)	<p>Facebook Groups</p> <p>The following is a list of Facebook groups where you can post to connect with others in the community to receive help. There are a lot of people offering to bring folks who can't leave their house or who are having financial difficulty, food and supplies at this time.</p> <ul style="list-style-type: none"> ● PALZ Trading Zone ● PALZ Helping Zone ● Homes for Queers ● Queer Exchange Toronto ● CareMongeringTO
QTBIPOC Care Mongering TO	Mar 18	<p>Post resources available & post needs you have! Offer supports where you can!</p> <p>https://www.facebook.com/groups/TO.Community.Response.COVID19/</p>
FREE Online Tours, Films, etc	Mar 18	<p>Famous Museums offering virtual tours - Find links here!</p> <p>Free Opera Streaming: Link here</p> <p>Free Documentary Films: Link Here</p>
Sketch Artist Tunes	Mar 18	<p>MomxWyfe - BOP</p> <p>CH\$NGE - Since I Came Up</p>

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		<p>CH\$NGE - If I Don't Know Nothing</p> <p>Dynesti - 60 Day Notice</p> <p>Bangerz Brass - Bangerz Delight</p> <p>Dynesti - Dun Da Place</p> <p>Charmie - Magical Carpet Ride</p>
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6. Info on COVID-19

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Toronto Public Health recommends ongoing preventative actions to help prevent the spread of infection:

- Wash your hands frequently with soap and water for at least 20 second and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then discard tissue immediately into a closed bin and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces.
- If you have travelled recently, stay at home and monitor for symptoms of COVID-19 for 14 days.

For more information on COVID-19 and prevention measures, please visit <https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

PLEASE NOTE: Toronto Public Health has confirmed that you DO NOT NEED OHIP to be seen at the Covid Testing Centres.

Here is a link to the COVID Assessment Centres around the city:

<https://www.toronto.ca/home/covid-19/covid-19-health-advice/covid-19-assessment-centres/>

List of cheap foods & herbs you can eat to increase your immune system:

<https://goodnessme.ca/blogs/goodness-me/21-immune-boosting-foods-tonics-teas>

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Emergency Fund for Toronto's Precarious Workers: <http://bit.ly/2WhPvNi>

7. Other Collective Care

Resources from Radical Youth Leadership + Self & Collective Care programs most are already integrated into this doc, but check it out for updates):

docs.google.com/document/d/1U3l0XWEA6NwVhm52MhzlZQvOT0x_vKOp2Q9Ej-ifLdY/edit?ts=5e72521

4Rs Youth Movement- Community Care Resource (Wellness Based)

<https://docs.google.com/document/d/1lz8LNTTKiLmif0r7pmUuK0vTXql2M6fOvXmVkJTXzveY/edit?ts=5e72d3f1>

SKETCH has received requests for the following - please comment or email lydia@sketch.ca if you have information to share:

- Where to access food for low-income families and those living in a shelter
- Resources for individuals in distress, crisis lines and harm reduction
- And any helpful resources that are available to individuals living in a shelter
- Free wifi services accessible from home/shelter/less public spaces

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**PREPARING
FOR LIFE AT
HOME** MAKING YOUR SPACE
@BLESS+THEMESSY

SMELL —
AROMATHERAPY IS A
REAL THING DON'T
UNDERESTIMATE HOW MUCH
IT CAN CHANGE YOUR MOOD
OR THE ENERGY IN A SPACE.
USE CANDLES, OIL DIFFUSERS + INCENSE.

ROUTINE!!!! —
CREATING A NEW NORMAL
IS ESSENTIAL TO MANAGE
STRESS + FEELING OVERWHELMED.

**GET DRESSED
FOR THE DAY**
—
**MAKE YOUR
BED.**

MAKE AN ALTAR
(OR SEVEN)
INTENTIONAL SPACES
FOR CALM, MEDITATION,
+ BREATHING. CHECK IN
WITH YOURSELF. WE NEED
THESE SACRED SPACES
AMIDST CONSTANT CHAOS.

REARRANGE —
MAKING INTENTIONAL SPACES
WILL HELP WITH FLOW. USE WHAT
YOU HAVE! CREATE NEW SPACES!
MOVE THINGS AROUND TO
KEEP IT FRESH.

**BRING AS MANY
PLANTS INTO THE
SPACE AS POSSIBLE.
PLANTS ALWAYS REMIND
ME THINGS ARE LIVING
GROWING + THRIVING.**

**MAKE TIME IN
YOUR DAY TO GO
OUTSIDE.** —
A WALK, SUNSHINE, FRESH AIR, CAN
CHANGE YOUR PERSPECTIVE + RESET
YOUR MOOD.

**EAT LUNCH
ON FACETIME
WITH FRIENDS.
REMEMBER
CONNECTION WHILE
DISTANCING IS GOING
TO KEEP US SANE.**