



If you are self-isolating, we can help.



My family is: _____

We live locally at: _____

Our phone number is: _____

If you are in self-quarantine due to COVID-19 we can help you with:

Grocery shopping

Posting or collecting mail

A phone call

Medicines or urgent supplies

Just phone or text us and we will do our best to help you (for free).

We will respect social distancing.

We will wash our hands and leave items on the door step.

#stayingconnected #ccchelpinghands