Welcome

Good morning everyone, and welcome to this week’s community update.

The threat of COVID-19 is still significant in our community, particularly to vulnerable residents, unvaccinated residents, and our healthcare system. However, there is also hope on the horizon. Thank you to all the residents who have and are continuing to get vaccinated so we can blunt the impact of the Omicron variant. As we will hear shortly from Dr. Wang and Vickie, the next weeks remain critical and we continue to work to make vaccines more accessible for residents.

The past 22 months have been difficult. The COVID-19 pandemic has challenged the community in different ways, including managing our mental health.

This week, I am very happy to welcome Lisa Akey, Director of Counselling at Carizon Family and Community Services to share her expertise, as well as the resources available in our community.

As we mark Bell Let’s Talk Day next Wednesday to break the silence around mental illness, let us try to end the stigma every day. Continue to check in on family members, neighbours and loved ones. Continue to be kind to frontline members of our community such as healthcare workers and immunizers. We are all in this together, and we will get through this together.
Waterloo Region is a caring community. There are a number of local organizations with talented staff that support the wellbeing of residents. For more information about mental health support during the pandemic, visit regionofwaterloo.ca/COVID19andMentalHealth. Lisa will have more to share in a moment.

There are no enforcement actions to report since the last update.

I will now pass it to our Medical Officer of Health Dr. Wang for an update.

**Update from Dr. Wang.**

Thank you, Dr. Wang.

Vickie Murray of the Vaccine Distribution Task Force will now speak to the vaccine roll-out. Good morning Vickie.

**Update from Vickie Murray.**

Thank you, Vickie.

We will now hear from this week’s guest, Lisa Akey, Director of Counselling at Carizon. Hello Lisa.

**Update from Lisa.**

Thank you Lisa. We will now open it up to questions from media.

**Media Q&A**

**Extro**

Thank you everyone for joining us today. Have a safe weekend.