



**The Matawa Health Co-operative is  
providing COVID-19 assistance through  
telephone support:**

**Nursing Services: Monday, Tuesday,  
Thursday, Friday 8:30am - 4:30pm**

**Mental Health Phone Counselling  
Services: Wednesdays  
8:30am – 4:30pm and 6:30pm – 9:00pm**

**1-807-344-4575  
ext 2369**