



Together, we are facing an unprecedented health crisis in our community. In response to the COVID-19, we must depend on the knowledge and guidance of the First District Health Unit, North Dakota Department of Health, and the Centers for Disease Control and Prevention as well as our elected officials.

In accordance with that guidance, and to protect the health and safety of the children, families, and volunteers we serve, Companions for Children is suspending all mentoring sessions through until further notice.

In addition, for the safety of our staff, Companions for Children is working remotely until further notice. To get in touch, please email Heather at [heather.cymbaluk@companionsforchildren.org](mailto:heather.cymbaluk@companionsforchildren.org), text us at 855-571-1878, or call our office to be forwarded to Heather.

Please review guidance from the Centers for Disease Control and Prevention regarding talking about children about Coronavirus Disease. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-withchildren.html>

Be safe and healthy!

Sincerely,

Heather Cymbaluk  
Executive Director

Companions for Children