

# Computer Services

## MENU

- Online Banking

Learn how to deposit cheques, send and receive money and track your money from your phone, tablet, or computer.

- BigWhiteWall & BounceBack

BigWhiteWall and BounceBack are websites that provide safe peer support for mental health conditions including anxiety and depression.

- AA, NA, & CA Meetings

Online meetings are available around the clock in various languages to allow you to maintain the social support you were getting before the pandemic.

- Computer Management

Learn how to organize the contacts, programs and files on your laptop or smartphone.

- Meditation & Breathing Apps

Install an easy-to-use meditation or breathing-exercise app on your phone.

- Creating an Email

Learn how to create and manage an email account.

- Wellness Together

This website from the government of Canada provides professional therapy for mental distress.

- Microsoft Office

Microsoft Word & Excel are useful tools for organization and communication.

- Navigation Skills

Various apps can be used to optimize travel by foot, car, or public transit.

