



Thrive Counselling is continually to deliver most services virtually through phone and video to reduce the safety risks associated with the COVID-19 virus.

Individual counselling is available through phone and video. Couple and some family counselling is available through video counselling.

Healing Hearts (violence against women) groups are available through virtual means

Caring Dads and PAR (Partner Assault Response) are also actively running virtual groups

Beginning the second week of September, Thrive will begin to offer a very limited number of in-person appointments in our Burlington, Oakville and Milton offices. The offices will be open 1-2 days a week with limited hours by appointment only. In-person appointments are restricted to individuals who cannot access virtual services or who have a specific clinical indication for in-person service.

The Supervised Access Family Visiting Centres will also resume in-person services at that time.

The safety of our clients and staff remain our priority and we have implemented numerous protocols and safeguards to protect those who are on our premises. A full listing of our safety protocols is available under the [News Section](#) of our website

Thrive is working diligently to re-design our services and will be adding to our available virtual services regularly. We will be updating this page as information and availability change.

Individuals may wish to visit our youtube channel for some information and strategies from our staff.

https://www.youtube.com/channel/UCRoHSCPN9pv8TVFqZ8kG44g?view_as=subscriber

Thrive will continue to post updates on our website as they become available. Calls are often not able to be answered live at this time. We will responding promptly to phone messages, from blocked or alternate cell phone numbers , although there may be delays. Questions can also be addressed to info@thrivecounselling.org

We encourage people to look to the following resources for reliable information on the current situation and how best to protect themselves.

Ontario Ministry of Health: www.ontario.ca/coronavirus and this link specifically for fact sheets in multiple languages: <https://www.ontario.ca/page/2019-novel-coronavirus#section-12>
Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>