



In response to the provincial state of emergency, Thrive physical offices are closed to the public effective January 14, 2021.

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

Thrive has re-designed our services and all of our programming has adapted available virtual options.

Appointments can be booked by contacting us at [info@thrivecounselling.org](mailto:info@thrivecounselling.org) or calling 905 637-5256 or 905 845-3811. A limited number of Quick Access virtual appointments are also available for individuals requiring a timely single session of therapy.

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

[https://www.youtube.com/channel/UCRoHSCPn9pv8TVFgZ8kG44g?view\\_as=subscriber](https://www.youtube.com/channel/UCRoHSCPn9pv8TVFgZ8kG44g?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 respond 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](mailto: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](http://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>