



Thrive Counselling has re-opened limited in-person counselling services to the public. In-person services can be requested through our regular intake as below.

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

Supervised Access family visits and all group programs will continued to be offered virtually at this time.

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 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 form our staff.

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 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>