

NEW PSYCHOLOGY SERVICES AVAILABLE:

COPING WITH COVID-19

Immediate, specialized, short term teletherapy service for children and youth

BRIEF INTERVENTION SERVICE:

Is your child feeling overwhelmed or anxious?
Is your child struggling with all of the recent changes?

Our brief, 3 session service was designed with these issues in mind, to teach you and your child how to cope during these times of change and uncertainty.

What it is:

- 3 therapy sessions offered via video conference
 - **For 12-18 year olds:** Clinicians work with youth directly
 - **For 6-11 year olds:** Clinicians work with parents
- This service is available immediately, and there are a limited number of spaces available
- Additional follow up services may be considered or requested later

How to start:

- To access these services please complete the "REQUEST FOR SERVICES" form found on our website (<https://www.cafoo-ceafo.ca/>)
- Follow all prompts and select "COVID-19 3 SESSIONS" from the drop down menu of services, followed by "telehealth services" as the location

Please note: while most comprehensive insurance plans should cover this service, please verify with your provider

We're here
to help!



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