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.cafco-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!