



CORE PSYCHOTHERAPY

providing service to individuals, couples and groups

March 16, 2020

To Our Clients,

No doubt many of you are wondering what to do/not to do at this time regarding what you are hearing about COVID-19. There is a great deal of information circulating at a rapid pace and it can be confusing to know which source to listen to.

We encourage you to access information published on websites by the World Health Organization and Ottawa Public Health for updates and to base your decisions on these reputable sources.

Based on the latest information, as a practice, we have jointly made the difficult, yet prudent decision to close our office for a period of 2 weeks up until Monday, March 30, 2020. Prior to that date, we will re-evaluate the situation and provide an update accordingly. Updates can be found on our Facebook Page (under Core Psychotherapy) or on our website. We will contact you directly if you already have an appointment scheduled after that date and we have not yet heard from you. We are following the situation closely.

This is a challenging time for many and as such we acknowledge the importance of having continued support and remaining connected. To that end, each of us are able to offer phone or video counselling sessions (via Doxy.me) during this time should this be a preference. You may also wish to reschedule for after the 2-week period, keeping in mind this may be tentative depending on how the situation evolves. For any upcoming currently scheduled appointments, we ask that you contact your respective therapist to confirm whichever arrangement you choose if this has not yet already been established.

Please don't hesitate to contact any of us if you have any questions or concerns.

Sincerely and in good health,

Andria, Wes & Megan