



Counselling: Tuesdays from 1pm – 6pm & Thursdays from 2pm – 6pm (604-819-4603 or chilliwackyhc@gmail.com)

Doctor: Tuesdays AND Thursdays from 1-4:30pm (chilliwackyhc@divisionsbc.ca)

Here is how you get started!

Step 1 – Call, text or e-mail (as noted above) asking for counselling or to talk with a doctor. This is the same as coming in for drop in but now it is online.

Step 2 - Wait for a response from one of our team members. Brandi, Alexis or Shannon will respond to you same as if you were coming into the Centre! :)

Step 3 – Provide your information. This is just like signing in at the CYHC when you first arrive!

Step 4 – Let the team member know if you prefer video chat or a phone call. This is completely up to you!

Step 5 – For counselling: A team member will send you a link for video service to start your session or will have a counsellor call you. **To talk to a Doctor:** Shannon will connect you with the Doctor after emailing her at: chilliwackyhc@divisionsbc.ca.

If this doesn't work for you? - let us know by text, email or calling and we'll see if we can find a solution that works. Text, call or email as above.

Stay safe everyone! Here are some things to do when **social** distancing/ quarantine gets to be too much:

- Go outside
- Go for a walk, hike, bike or run
- Read a book
- Paint or draw
- Watch a movie
- Call a friend or family member
- Bake or cook something
- Play a board game
- Do a puzzle
- Write in your journal

- Pet a dog or cat
- Download online games for you and your friends
- Clean something

- Breathing exercises
- Yoga at home
- Make a list of things you're thankful for

