



Welcome to True Balance Counselling (TBC)!

With the lifting of Co-vid restrictions by the Alberta Government on March 1st, TBC wants to update you on our office procedures if you have an in-person appointment:

- If you have tested positive in the past 5 days or are experiencing any symptoms of COVID-19, please contact your therapist or truebalancecounselling@gmail.com to reschedule or arrange for a telepsychology session (video or phone).
- Masks are no longer required in our building, but please do what feels right for you.
- Our waiting room is now open. If you choose to wait in your vehicle, please let your therapist know to come outside to get you for your appointment.
- Hand sanitizer is available at the door for your use upon entering and leaving the building.
- TBC will still be following our sanitizing and disinfecting protocols.
- We have clear plastic partition barriers available for use between client and therapist. If you would feel more comfortable with a partition between you and your therapist, please inform your therapist and they will ensure they use the plastic partition barrier during your session.

We respect that many people will have different needs and comfort levels for the next while. We want you to feel comfortable and safe while at True Balance Counselling. **We are so happy to see you!**