



## **Welcome to True Balance Counselling (TBC)!**

**With the recent increase in Co-vid cases and the temporary new recommendations released Sept 3 by the Alberta Government, TBC wants to update you on our office procedures if you have an in-person appointment:**

- If you are experiencing any symptoms of COVID-19, please contact your therapist or [truebalancecounselling@gmail.com](mailto:truebalancecounselling@gmail.com) to reschedule or arrange for a telepsychology session (video or phone).
- Masks are required indoors, so please wear a mask when entering the building.
- TBC will still be following our sanitizing and disinfecting protocols.
- Hand sanitizer is available at the door for your use upon entering and leaving the building.
- Our waiting room is temporarily closed. Sorry for the inconvenience this may cause. Please wait in your vehicle for your appointment or for your child to finish their appointment. Your therapist will come to the front door when they are ready to take you to their office for your appointment.
- We have clear plastic partition barriers for use between client and therapist if preferred. 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.
- Please speak to your therapist about the option of a virtual session if that is more appropriate for you.

We are so happy to see you!