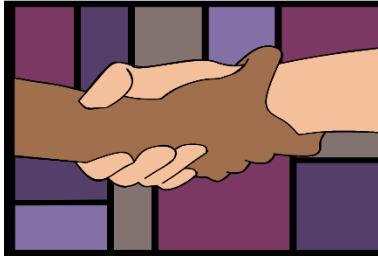


Mental Health Rights Coalition



COVID-19 Update

Hello everyone,

It has been a bumpy ride these last couple months. Surely, no one could have guessed we would be closed this long, already. Certainly, when we closed our doors in March, we originally put a two-week time-stamp on it. In the months since, we at Mental Health Rights Coalition have been watching the news diligently for signs that this virus is slowing. We have seen small signs that we are on the way with our Provincial daily numbers declining. However, recent increases, have shown us, that we are not in the clear yet and that opening too quickly can be very harmful.

While reopening is the goal, it must be done safely. Therefore, it will be done slowly, with the drop-in and group services we provide being the last to re-open. Following the lead of the Province, which has extended the emergency order, and our own City, we will remain closed as a drop-in centre until at July 2 at this time. As things change, that could still become extended, as we still do not know what the future will hold and our reopening must be done in a safe and controlled manner.

In the meantime, we are increasing other services, including online Zoom peer groups, online peer support appointments, and community peer support (following strict safety guidelines).

Please give us a call, an email or check us out on Facebook to connect to these options. As always, phone peer support is offered during our regular hours by calling 905-545-2525 (and leave a message if you don't get through).

Thank you all for bearing with us as we work to navigate these changing circumstances. Don't hesitate to reach out if you have any questions or needs.