



Thanksgiving Newsletter 2020

Blog
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Covid-19 has not stopped us!!

Yes, our in-person counselling sessions have been limited, but we are still delivering high quality services to the community with the same professionalism as before. We have expanded our services to include telephone and video counselling sessions, with a limited number of in person counselling sessions available by appointment only.

However, our wait lists are growing. In addition to the usual requests for service at this time of year, there are extra pressures in the communities we serve that are directly or indirectly related to Covid-19. People are feeling isolated and alone, are being impacted by depression and anxiety, are having more family conflict than before, and are experiencing financial crises. Our counseling services are needed more than ever, and we are committed to being there for those who require support during these difficult times.

Thanksgiving is coming up soon, and we have a lot to be thankful for.

This is a time of year when many of us look forward to having Thanksgiving dinner with family and friends. However, for many of us, that will not be possible this year due to health concerns. While for some this is may be simply an inconvenience, but for others it is going to increase feelings of isolation, depression, and anxiety. This may lead to further demands for our services.

We need your help.

While the demand for our services continues to increase, many of our fundraising programs have been canceled due to Covid-19. In addition, some people and businesses who have donated to our programs in the past, are not able to help us this year. Like many community service organizations, PCFSA relies on donations to fill funding gaps caused by extra demands on our services.

So, this Thanksgiving, we are putting out a request for donations to our counselling programs in perhaps the amount you would normally spend on your contribution to your Thanksgiving dinner. Whether it be \$10, \$20, or the cost of a turkey, it would certainly make a big difference to the many individuals and families who are waiting to access our services. Donations go toward reducing wait times in all our programs, as our counsellors work to help our community get through this crisis.

You can donate the usual way, by sending us a cheque, to #200-324 Goldstream Avenue, or by donating through Canada Helps <https://www.canadahelps.org/en/dn/11089>

We appreciate your support, and hope you have a wonderful Thanksgiving. Be Safe!