

Aulneau Renewal Centre - FREE Wellness Check

Aulneau Renewal Centre understands that during these challenging times, individuals and families we work with may require additional support to help navigate this journey. We are facilitating wellness checks to help address the anxiety people may have due to COVID-19. Via a phone call, a counsellor will be able to provide information on coping tools, strategies and resources during this difficult time.

This is not a counselling session but a check-in that will be used as an opportunity to educate people about what they can do to help address the anxiety they are experiencing. Please note that

This FREE service is for all clients and community members. You do not need to be a client at Aulneau Renewal Centre for this service.

For a wellness check:

- Please call (204) 987-7090 and leave your name and number and that you would like a check in. Our counsellor will call you back. The reception line is being monitored regularly.
- Online- we have developed an online form as well asking for name and number. Please go to <https://aulneau.com/wellness-check-covid-19/>
- We are encouraging those that are in isolation or are unable to have visitors reach out to for this service if they are feeling isolated or have anxiety.

With the limited resources at this time, Aulneau Renewal Centre is working to help Manitobans with their increased anxiety. As our sites are closed, all check-ins will be over the phone.

Aulneau Renewal Centre will also continue to provide counselling sessions via video or phone if individuals are interested. We are currently accepting clients and have a limited wait time for clients who are able and willing to engage in video or phone sessions. To register for counselling, please complete the intake form on www.aulneau.com

Aulneau Renewal Centre is optimistic that we will be back in the office soon. In the meantime, we are looking forward to finding alternative ways to meet the needs in our community.

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