

NEWS



Information update for Members of MHSP at The Link

MHSP Hours

The Link is closed for drop in.

Telephone support is available to everyone during the following hours:

Tuesday 11am to 4pm
Wednesday 10am to 4pm
Friday 10am to 4pm

The Link
Mental Health Support Project
88 Cornelia St W Unit 4A
Smiths Falls, On K9K 7A9
613-284-6408
www.mhsp-links.ca

One to One Appointments

Limited appointments are available for one to one support.

Appointments are booked based on availability and must be booked in advance with staff over the phone.

Once booked, staff will guide you through the COVID 19 pre-screen process which includes instructions for new procedures about your appointment.

Please remember we serve a large population and we have limited resources. We work 21 hours per week. We can't accommodate every request. Resources and time must be shared fairly.

Treat Yourself...

What a year it has been! Summer just started and fall is getting ready to take over. 2020 has been different for sure! For months members have been reaching out to staff. We have been listening, responding and holding hope with all of you The Link would re-open soon. The decision was out of our control. Health and Safety is always top priority, and it wasn't safe. Our staffing hours were decreased from 4 days per week to 3 days per week in June. The Link looks different due to cleaning and COVID-19 protocols. The pandemic is real, we are proceeding with caution.

Staff have worked on outreach, advocacy, peer support for our members and updating our training. We've delivered stew lunches, garden baskets, made personal driveway visits, accommodated some personal needs, brightened a couple days, delivered fans, hosted a "trial" barbeque, and much more. Today we offer you a "small gift" made possible through an anonymous donation to our Health Center in Lanark. **\$15.00 Gift Card from Giant Tiger.** There is no cash value, and if lost or stolen it can't be replaced. Our only request is to use it however you choose!!! Your patience is appreciated. We will re-connect soon from six feet apart.

Catherine, Matt, Jeff and Andrea

Gift Card Here

Announcements and News

Fresh off the Press!!! September Calendar for The Link!!

Slowly, slowly. September is a trial for starting some activities and groups at MHSP. We are re-configuring programing to meet strict new criteria and allow our members back in small focused groups.

Tuesday afternoons in September, Jeff continues his Member Teleconference Group. A great way to connect with fellow members and check in with each other. An informal session lasting 30-45 minutes. Share, care or just listen. Call the Link 613-284-6408 for more information or to be added to the participant list.

Starting with small groups Creative Art is back. Registration is required as space is limited. This season, everyone will work on the same weekly project, and take it home at the end of the group. The group will last 2 hours and all COVID-19 screening requirements and protocols will be followed. We are not allowing projects from home, or outside art supplies. We have everything you need. You will be given a "kit". Staff are the only people with access to Art Supplies. We are unable to cater to individual interests at this time. No outside food or drink. Face mask, covering must be worn at all times. No Cost.

Join us for a Movie! Pop and Chips available. No Cost.

Game Afternoon. Let's laugh and have some fun again! An afternoon of group games played in a physically and socially safe way!! See the calendar for more information. No Cost – bring a good attitude!

Resources

The Table Community Food Centre
613-267-6428
www.thetablecfc.org

Smith's Fall Food Bank
613-283-6695
www.smithsfallscommunityfoodbank.org

Leeds Grenville and Lanark District Health Unit
1-800-660-5853 - extension 2222
www.healthunit.org

Shawn Pankow, Mayor of Smiths Falls 613-283-4124 ext. 1110

Randy Hillier, MPP (Provincial) Smiths Falls

(613) 267-8239

Call 911 for an emergency

Scott Reid, MP (Federal) Smiths Falls

1-866-277-1577

Lanark County Mental Health
www.lanarkcountymentalhealth.com
Pandemic Help Line 1-833-283-9979
Smith's Falls 613-283-2170
Carleton Place 613-257-5915

Lanark County Social Services
www.lanarkcounty.ca
613-267-4200 or 1-888-952-6275