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FOR IMMEDIATE RELEASE

Family Service PEI offering online group programming for increased anxiety due to COVID-19

CHARLOTTETOWN, PE – Today, Family Service PEI (FSPEI) announced additional support services for those dealing with high anxiety due to the COVID-19 crisis.

Family Service PEI is offering secure online group programming to support Islanders experiencing a high level of anxiety due to COVID-19. FSPEI has set up a secure video conferencing platform to facilitate this additional counselling support for Islanders during this stressful time. The service will be rolled out to children, youth, and adults, and there will be no cost to participants. Health PEI, Mental Health and Addictions division is partnering with Family Service PEI by covering the cost of the service out of existing budgets.

“Experiencing a new level of fear and worry in response to the events happening around us is to be expected, and some Islanders may be struggling”, says Kathy Jones, Executive Director/ Clinical Therapist, Family Services PEI. “The focus of these groups will be on ways of coping through these unprecedented times.” said Jones.

Groups will consist of 4 participants and are available to children ages 6 to 11, youth ages 12 to 17 and adults. FSPEI will use an evidence based approach integrating a variety of modalities such as Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT).

The sessions are intended for those individuals who are experiencing a greater level of anxiety and fear than anticipated. All groups will be led by qualified, experienced facilitators.

FSPEI is a not for profit charitable organization which has been supporting Islanders for over 60 years (former Protestant Family Service Bureau on Charlottetown and Prince County Family Service Bureau in Summerside).

To register for a session, please send an email to register@familyservice.pe.ca.

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