

# COVID 19 UPDATE

## KHY THERAPIES

Date: 7<sup>th</sup> July 2020



Dear Khy Therapies clients,

By now you have probably heard that metropolitan Melbourne will return to Stage 3 lockdown as of tomorrow until 20 August 2020. <https://www.vic.gov.au/coronavirus-covid-19-restrictions-victoria>

Our clinic Kindred Art Space, and therefore Khy Therapies, will remain open for face to face sessions as an essential service. The exception will be for younger children (generally up to 8 years old) who normally use toys and other resources, and who are less able to follow strict social distancing guidelines. For older children, I'm happy to follow up with parents to decide on a case by case basis whether counselling can continue on-site and with fewer resources.

Please be reminded of the other ways we are keeping clients and workers safe:

- If you are feeling unwell or suspect you may be soon, we ask that you cancel your appointment asap and contact your GP. Khy Therapies does not charge a late cancellation fee if you or your child client are sick.
- All visitors continue to sanitise hands upon entry and exiting of the building, as well as recording name and time of visit
- If you prefer to or are forced to stay home, you can still utilise phone or video sessions. Please inform in advance if it will be your first time using video conferencing.
- Art therapy interventions will continue but in a limited capacity; generally, if resources can be washed, disposed of or left aside for at least a week in between contact. However, do check for your specific preferences.
- Please be assured that if you decide to come in for sessions, our strict sanitation and hygiene guidelines are still in place. This includes requesting only 1 visitor to wait for clients.

This is such a challenging time for all of us and I acknowledge that this tests our emotional and mental limits even further in what is already a fearful and uncertain situation. I know that many of you had already started or were looking forward to you or your child finally coming in for therapy after such a long break and this news will come as a disappointment for many reasons.

Please don't hesitate to reach out to ask for other ways we can support you the next six weeks.

Remember to keep connected safely with others and find something to be grateful for each day.

Sending strength and light,

Dakhylina

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