

COVID-19

Stella's Place Community Update

In order to support our community safely, we have started delivering all our services remotely. We are not offering in person services on-site, but we are here to support you virtually.

Please call us at 416-461-2345 ext. 0 or jump on [BeanBagChat](#) as our hours have been extended (see below). Here's how the Stella's Place team is working together to meet your needs:

- In lieu of Café [BeanBagChat \(BBC\)](#) is open from 12:00 - 9:00pm Monday - Thursday and 4:00 - 9:00 on Friday and 4:00 - 9:00 on Sunday. Find the app on Google Play, Apple Store, or visit [beanbagchat.ca](#)
- In lieu of walk-in counselling, we are offering same day phone and video counselling appointments on Tuesdays and Thursdays from 3:00 - 6:00pm. We will increase access as needed. Call or email Access Team (416-461-2345 Ext 0 or connect@stellasplace.ca) to inquire and to book a virtual appointment
- In lieu of any scheduled counselling appointments, these appointments are taking place at the predetermined time via phone, [BBC](#), or by video counselling
- In lieu of any scheduled Peer Support appointments, these appointments are taking place at the predetermined time via phone, [BBC](#), or by video counselling
- In lieu of Group Programming, all facilitators are reaching out to group participants to deliver group material in individual sessions
- Participants interested in accessing services from Stella's Place should call in to our Access Team members at the general phone number (416-461-2345 Ext 0) or email connect@stellasplace.ca in order to learn how to receive services
- Virtual Studio is being offered instead of Studio. Virtual Studio will provide folks with weekly art ideas they can be doing at home to keep themselves occupied during social distancing. It will also give folks who are willing to share the work they are creating at home a space to do so. Folks wanting to learn more about Virtual Studio can email asamson@stellasplace.ca
- We are able to book appointments with our Pre-Employment Specialist, Lisa Baker, from the YMCA. These appointments are available virtually (phone or video platforms) on Wednesdays from 1:00 - 3:00pm. To book an appointment please contact connect@stellasplace.ca
- Wellness and self-care
During this time you may be feeling anxious and/or confused about what to do to keep yourself safe. This is normal. Self-care is especially important now and we invite you to think about how you can take care of yourself and connect with our staff to get support. And please make sure to seek information from reliable sources only, such as [Ontario Public Health](#), [World Health Organization](#) or [Centre for Disease Control](#)



THE FUTURE OF MENTAL HEALTH