

# CHATS Supports are still available!

---

We know seniors are experiencing new challenges due to the COVID-19 pandemic, but we want to assure you that CHATS is here to help.

We've adapted some of our existing supports and have come up with some new ways to help.



## **Virtual Programming**

### **Telephone and Zoom Socials, Exercise and Educational Programming**

Provides group social and support programming by phone!

## **Telephone Visit & Safety Check**

Telephone Reassurance; peace of mind when you need it most

## **Meals on Wheels**

Same great program you're used to... you order, we deliver frozen meals right to your door.

## **Supports for Caregivers**

Support Groups by phone or virtual and One to One Supportive Counselling

## **Transportation Services**

With enhanced protocols to ensure client safety including, enhanced hand hygiene, limiting one client per vehicle, allowing for extra time between drives to wipe down/sanitize vehicles and installation of barriers in some vehicles.



CALL US! Tell us what you need, we're here to help

Local: 905-713-6596

Toll Free: 1-877-452-4287

[www.chats.on.ca](http://www.chats.on.ca) | [seniorshelp@chats.on.ca](mailto:seniorshelp@chats.on.ca)