



# Public Notice:

**Valley Community Services is offering emotional support to** people in Creston and surrounding areas who need help during this pandemic. It is normal to feel stress, irritability and anxiety during this time. If these feelings are affecting your ability to manage day to day please don't hesitate to reach out.

If you need someone to talk to because you are worried or stressed about the current situation we are here to help. We can be reached at 250-428-5547 between 9am and 12pm Monday-Thursday or feel free to call anytime and leave a message. One of our counsellors will return your call. All conversations are kept confidential.

All regular services provided are still in operation with virtual service delivery options in place.