

What to expect when returning to Oxford Self Help

Screening

- When you come to the door at CMHA/Oxford Self Help, you will be asked to use the phone between the double doors to call reception.
- They will ask for your name and whether you are here for drop in or an appointment
- Screening will happen over the phone before entering
- If screening is negative, you will be asked to sanitize your hands before entering
- Once in the building, you will be given a mask to wear while in attendance.

Sanitization

- All visitors to the CMHA Oxford Self Help building must regularly sanitize their hands
- All visitors must sanitize their hands after using the washroom, eating food, coughing, sneezing etc.
- All visitors must wear masks for the duration of their visit in the building, they will be asked to leave if they will not wear their mask.
- Cleaning of the drop in happens between 12 and 1pm and after 4pm each day.

Oxford Self Help Drop In

- Drop in will be open Monday, Tuesday, Thursday, Friday from 10-12pm and 1-3pm to allow for cleaning from 12-1.
 - You will be able to attend in the morning or afternoon, but not both
- The capacity for drop in will be a maximum of 5 people
- The chairs and tables are measured to be 6ft apart, please do not move them.
- Please be mindful of physical distancing with other members and staff, respect boundaries and rules set out.
- If you are leaving the drop in for any reason (i.e. smoke break, errand, appointment etc) you will not be able to return that day.

What will be available in from the kitchen?

- Coffee will be made for you and served in disposable cups and will remain at \$0.25 per cup
- Pop and snacks will be available for purchase
- Please remember to keep 6ft distance when waiting at the kitchen

What activities will be available?

- Cards, colouring supplies and other activities are available, please speak to a member of the Peer Team to access them.

When will groups start again?

- We are in planning stages of resuming groups; this will not happen until the government allows large groups of people to gather.