



Employee and Family Assistance Specialists Since 1976.

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A Message to Our Valued Clients

At PAR Consultants and Counsellors we recognize that with the constantly changing COVID-19 situation in Regina, and around the world, this is an unprecedented, challenging and stressful time for everyone. Our thoughts and wishes for on-going good health go out to you as you walk through the challenges and changes this pandemic has brought to your lives.

We at PAR Consultants and Counsellors want you to know you have our commitment to continue to provide you with high-quality counselling by our staff of highly qualified professionals.

First and foremost, we wish to assure you that we have developed a plan to provide services in a manner that seeks to ensure our client's and staff's health and safety. We, at present, are continuing to offer one-on-one, face-to-face counselling services in our office at 2353 Smith Street. PAR is also offering telephone consultations to any clients who would prefer to avoid leaving their homes. Additionally, we have taken measures to ensure that the recommended 2 meter distancing between individuals can be supported in our office at all times and have instituted rigorous sanitization protocols to support efforts to provide a safe environment for our clients and staff.

We are monitoring the situation and will modify our precautions as conditions evolve. You may call our office Monday to Friday, 8:00 am to 5:00 pm. Our 24-hour- live-person answering service will remain available in the hours outside our normal office hours to provide connection with a counsellor in emergency situations.

If personal challenges are affecting your emotional, physical or mental well-being, your work performance, or your family life, you should know that there is help.

Stay safe, stay healthy,

Kathryn (Kathy) Cochran

C.E.O./ Owner