



HUB AT A DISTANCE.

We are still taking appointments.

- **Doctor and Counselling appointments.**
- **HUB appointments for PCSS & Homelinks (Grades 8-12) High School students**
- **TO MAKE YOUR APPOINTMENT - CONTACT US 250 402 3201** (this phone is monitored 8am - 5pm week days).
- **Email c.holden@valley.services**
- **We can set up a time to speak with our Hub doctors and counsellors through your phone at a set time.**
- **We will need your name and telephone number and email address.**
- **Phone and video appointments are available - Wed and Thur 11-2**