

**Please call Kathy (ex 230) or Angela (ex 233) at 519-371-2390 to sign up!**

**At this time, due to the restrictions, groups are still small in number. So we ask you to please call ahead to see if there is space in the groups you are interested in attending. This will allow us to provide as many people as possible an opportunity to come out and connect!**

**Things to bring/remember when coming to groups....**

- **You will need to answer a few questions in order to be screened for Covid-19 before attending any group.**
- **We must all ALWAYS follow the 2-meter rule of physical distancing.**
- **Masks are available and can be worn if you choose. If physical distancing is not happening, then masks MUST be worn.**
- **Morning groups are 11am-12pm and afternoon groups are 2pm-3pm.**
- **Please use the washroom before attending as there are very often no washrooms available.**
- **We encourage you to always bring a water bottle to group and snacks if you require them, as we are not able to provide these at this time. Also your own blanket/towel or lawn chair if you have one would be very helpful.**
- **Dress appropriately for the weather and wear a hat and sunscreen!**
- **Groups are all outside at this stage, so also weather dependent. If you are unsure if a group you plan to attend will be running due to weather, please call the office.**

