

IMMEDIATE NEED VIRTUAL COUNSELING KITS

DONATION PACKAGES:

PACKAGE #1: FILL A VIRTUAL COUNSELING KIT CABINET

Contribute new items or a cash donation to purchase new items to fill up a cabinet at Lifeline's Vista location. When a clinician discovers that a family needs an item, or a few items, the clinician can provide them for the families to have at home.

PACKAGE #2: DONATE A COMPLETE VIRTUAL COUNSELING KIT

Contribute all of the items or a cash donation to purchase all of the items needed to complete a full kit. Please visit our wish list webpage www.nclifeline.org/wishlist to see what is needed in each kit.

CHILD MENTAL HEALTH SERVICES

North County Lifeline's child mental health program provides counseling to over 300 school-age children and their families annually living in Vista and Oceanside. **Due to COVID-19, Lifeline is providing virtual counseling sessions for kids and families to have at home.**

VIRTUAL COUNSELING NEEDS

As the pandemic continues, Lifeline is almost exclusively conducting remote counseling sessions with our kids and families. Our telehealth child counseling sessions rely on supplies such as markers, sketchbooks, and playdoh, as well as games that promote quality family time for our clients and families.

A significant challenge emerges when families don't have the supplies needed for remote therapy at home. Many of the families we work with have financial barriers to purchasing these items to use in virtual therapy sessions.

HOW TO HELP

Lifeline is soliciting donations to provide "Virtual Counseling Kits" for the families who are unable to purchase them.

We have two packages for donors who are interested in helping. **A list of needed items can be found on our website at www.nclifeline.org/wishlist.** Please reach out with any questions and thank you for your help!