SHANE LYNCH PSYCHOLOGY

Smithers, BC?

It's 4 hours west of Prince George and 3 hours east of Kitimat. No, I'm not going into witness protection, as my uncle queried!

Remember...

Our mental health impacts every aspect of our lives. It's an important part of living healthy lives. As one former mentor put it: "In matters of health, mental health matters."

About Shane

If anyone in my family needs to adjust, it's probably me. Bigger cities are all I've ever known; from Calgary, to frequent visits to Edmonton, living in Vancouver, and completing all of my post-secondary education in Victoria. Well Victoria doesn't really count, but it's still much larger than Smithers!

That said, I'm ready for a new challenge, and I have a feeling this move will be quietly transformative for my mental health.



Moving to BC & Virtual Therapy

Dear Clients,

I'm writing this letter to you to inform you of my family's plan to move to BC this summer, 2026.

While I grew up in Calgary, most of you may recall I lived in BC for the majority of my 20s while attending the University of Victoria.

As many of you know, over the past 12 years in Calgary, I've gotten married and my wife and I have welcomed our three boys. Now we are off to embark on a new adventure in BC where my wife and I met, only this time, we will be heading up north to my wife's hometown of Smithers where her parents still reside.

<u>As of July 1st, my practice will be moving to 100% virtual delivery.</u>



Tips for Dads & Moms

I think moving kids is never easy. We moved into our first house when my oldest son was only 6 months old. That was challenging in its own way while we engaged in renovations.

Now our sons are 9, almost 7, and 4. I think, for most children, moving before the "tween/teen" years could be the "easiest" but every child is different.

One of the things we have kept in mind is reminding our kids that the place will change but much of their routine will remain the same.

New friends will be made and similar and new activities will be become part of their schedule.

Fortunately, for my wife and I, Grandpa and Grandma (& Barkly the dog) will do a lot to soften the transition.

I'm optimistic they'll navigate the move well and build up their resilience at the same time.



While this may be an adjustment, for those who are open to the flexibility of virtual appointments and are interested in making this shift with me, I will be happy to continue our work together, uninterrupted.

For those who may prefer in-person sessions, I am happy to help you find local psychologists/therapists, that might be a fit for you going forward. Please let me know.

Here are some advantages to shifting to virtual sessions:

1. You will not have any service disruption or need to re-start your work with a new psychologist.
2. Increased availability of appointment times and appointment days. (I won't be restricted by office sharing.)
3. Access to a new online booking system will be available to you to choose available appointment times that best fit your schedule.
4. You will be able to meet with me from the comfort of your own home or wherever you have access to internet, and have privacy.
5. No more commute in rush hour or weather conditions as a barrier to appointments.
6. I have many years of experience providing virtual appointments to clients in and outside of Alberta. I can attest to the efficacy of the delivery method.

While most clients who have scheduled appointments in the past month are already aware of my plan to move, I hope those clients on less frequent appointment schedules will reach out to me with any questions or concerns.

As always I'm here to support your personal and professional growth, and your ongoing mental health—it matters.



Shane