

Website Privacy Policy

Laura Peters-McNeil Social Work Professional Corporation operating as Grounding Courage Counselling & Psychotherapy (“Company,” “we,” or “us”) respects your privacy and is committed to protecting it through this Privacy Policy.

Please read the Privacy Policy carefully before you start to use the Website. By using the Website, you accept and agree to be bound and abide by the Privacy Policy. If you do not want to agree to the Privacy Policy, you must not access or use the Website.

This Privacy Policy governs your access to and use of www.groundingcourage.ca, including any content, functionality and services offered on or through www.groundingcourage.ca, (the “Website”), whether as a guest or as a registered user.

It is a legal requirement to have a privacy policy for a business website in Canada, however this privacy policy is shorter than most privacy policies for Canadian businesses due to the informational and non-storefront nature of this website.

Personal Health Information

Laura Peters-McNeil Social Work Professional Corporation operating as Grounding Courage Counselling & Psychotherapy does not actively collect “personal health information” through www.groundingcourage.ca.

As a regulated health care practitioner, we collect “personal health information” which is governed by provincial health privacy legislation: The Personal Health Information Privacy Act (PHIPA). The personal health information that is collected through this private practice is subject to additional safeguards and procedures. For example, this private practice uses OWL Practice.

Since this is a virtual therapy private practice, we will ask you to review and sign an additional Consent to Virtual Care document that discloses the risks and conditions for the collection and use of your personal health information to provide Virtual Health Care Services. Again, this is not collected or signed through the use of www.groundingcourage.ca.

Personal Information

Laura Peters-McNeil Social Work Professional Corporation operating as Grounding Courage Counselling & Psychotherapy does not actively collect personal information through www.groundingcourage.ca, such as through built-in forms or storefronts.

Our privacy commitment is based on the ten principles contained in the Personal Information Protection and Electronic Documents Act (Canada) (“PIPEDA”).

Website Privacy Policy

Personal Information under PIPEDA is any information about an identifiable individual, but does not include the name, title, business address or telephone number of an employee of an organization.

Automatic Tracking Technology

To the best of this company's knowledge, the only automatic tracking being run through www.groundingcourage.ca is: a) server log data about the website visitor and b) cookies (more on cookies below).

To the best of this company's knowledge, in the context of this website, server log data includes the following:

- Date and time of retrieval of the website
- Browser type
- Browser settings
- Utilized operating system
- The transferred data volume and access status (file transferred, file not found)
- IP address

To the best of this company's knowledge, server log data does not include any personal identifiable information.

To the best of this company's knowledge, this server log data information can be accessed by the hosting company of www.groundingcourage.ca. Additionally, this information can also be requested by Laura Peters-McNeil Social Work Professional Corporation Operating as Grounding Courage Counselling & Psychotherapy, however we currently have no intention of doing so unless it is absolutely necessary for IT purposes.

Use of Cookies & Pixels

To the best of this company's knowledge, there are two types of cookies that are automatically built into www.groundingcourage.ca: a) user cookies and b) commentor cookies. To the best of this company's knowledge, the principal uses of said cookies include customization and authentication.

To the best of this company's knowledge, the user cookies are employed for the following purposes:

- To store authentication details for logging in as an administrator
- Recognize a website administrator as a logged-in user and identify which account and preferences to use for a number of features.
- For customization of the admin interface and principal site interface

By default, this website stores a cookie on the user's computer to assist with logging in the future. However, there are no login features enabled on this website for website visitors.

Website Privacy Policy

To the best of this company's knowledge, commentor cookies are not relevant for www.groundingcourage.ca as there is no commenting section enabled on this website. Additionally, it is this company's understanding that commentor cookies cannot be disabled by the company. This company has no intention of or interest in analyzing said information however we reserve the right to do so if we deem it necessary.

To the best of this company's knowledge, both user cookies and commentor cookies are "hashed" which makes it impossible or near impossible to determine the user or commentor's data.

To the best of this company's knowledge, there are no third-party cookies used for this website.

To the best of this company's knowledge, no personally identifiable information is gathered through the type of cookies built into this website. This company has no intention of or interest in analyzing cookie data however we reserve the right to do so if we deem it necessary.

To the best of this company's knowledge, no pixels are collected or analyzed through this website. If pixels were to be collected, this company has no intention of or interest in analyzing said information however we reserve the right to do so if we deem it necessary.

To the best of this company's knowledge, Laura Peters-McNeil Social Work Professional Corporation operating as Grounding Courage Counselling & Psychotherapy does not collect any additional automatic tracking information through www.groundingcourage.ca other than what is previously mentioned in this policy.

Email Information

No email interaction takes place through www.groundingcourage.ca and no email information is collected through www.groundingcourage.ca.

Collection from Third Parties

We do not obtain information about you from other sources for the purposes of this website www.groundingcourage.ca.

Limits of confidentiality for therapy, which is separate from this website, would be reviewed with you at the outset of therapy.

Disclosure of Information

We do not disclose information about you for the purposes of this website www.groundingcourage.ca.

Website Privacy Policy

Limits of confidentiality for therapy (which is a separate policy relating to the actual therapy which takes place outside the website) would be reviewed with you at the outset of therapy.

Visitor GDPR Rights

This main audience of this website is for Ontario, Canada. To the best of this company's knowledge, there is no personal information or personal health information being collected or analyzed through www.groundingcourage.ca. To the best of this company's knowledge, visitor GDPR Rights are not applicable for this website. GDPR Rights pertains to website visitors from within the European Union ("EU") or the UK.

For more information about your rights as a website visitor from the EU and the GDPR, please see the European Commission website here - https://ec.europa.eu/commission/priorities/justice-and-fundamental-rights/data-protection/2018-reform-eu-data-protection-rules_en.

Privacy Policy Changes

We may change our Privacy Policy from time to time without notice. Please check our Website for the most up-to-date version of the policy.

Questions, concerns or requests for access

If you have any questions or concerns regarding our Privacy Policy, please contact us as follows:

Privacy Officer Name and Contact Information

Laura Peters-McNeil

Laura@groundingcourage.ca

Effective Date of Policy

September 2023