

With COVID-19's presence in our community, we request that if you are having flu-like symptoms such as a fever, body aches, cough, shortness of breath, have traveled to a high-risk area for transmission of COVID-19 in the last 14 days, or if you have been in close contact with someone confirmed positive or currently being evaluated for COVID-19 you do not come to the office for therapy.

Online sessions (using a HIPAA compliant platform and secure) are available if this applies to you or if you'd prefer accessing therapy from a private location like your home. Please let us know ASAP if you prefer this for any sessions.

We're committed to continuing care at [Borntobebalanced.com](http://Borntobebalanced.com) and helping you reach your therapy goals. At this time we do not find it necessary to work exclusively online. We offer this to you for your comfort. If we do find it necessary in the future, we will let you know.

Keep a social distance and keep washing your hands. We will get through this trying time together.

Our video software is secure and HIPAA-compliant. An invitation will be sent either via text or email and you will receive a link prior to your scheduled appointment. You will be prompted to download Doxy.me.

Please make sure you are in a private location that allows you to have the same level of concentration and openness you show in our in-person sessions. We're committed to continuing care and helping you reach your therapy goals.

Let us know if you have any questions.

Sincerely,

Sheryl Woodhouse, LMFT  
[Borntobebalanced.com](http://Borntobebalanced.com)