



Effective 5/18/2021

Northwinds Counseling Covid-19 procedural update given by MN Governor's Executive order:

- * **Face coverings are optional. Please respect those choices of others. No judgements.**
- * **We are asking clients to remain in their cars for their appointment. Your therapist will wave you in for your appointment.**
- * Please maintain six feet at all times.
- * Please only approach the front desk/waiting room to make a payment or schedule an appointment.
- * Only staff may enter the kitchen. Your therapist will be happy to grab a coffee or water for you.
- * Throughout the day, all therapy rooms, the waiting room, kitchen and all door handles are being wiped down.
- * Hand sanitizer will be available through-out the office.

Just a few weeks ago, the terms Coronavirus and COVID-19 were relatively unknown. Today, every household in America is acutely aware and almost every area of life is affected, in some way, as our nation battles the Coronavirus pandemic. Given this unprecedented situation, we wanted to update you on what we are doing at Northwinds Counseling.

Our therapist will be keeping regular office hours. However, Teletherapy is being offered as an option to our clients. Teletherapy is not the same as in-person therapy but rather therapy via secured platform that you can do from the comforts of your own home. All of our therapists will be operating according to their own needs or comfort levels. Please talk to your therapist about teletherapy. In the even that you are exhibiting any symptoms, we ask you do not come into the office and take advantage of telehealth.

We know these are uncertain and scary times for our community. We would greatly appreciate your patience and support as we navigate thru these times.