

Jennifer (Baptie) Murray, LMHC

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We know that there's widespread concern in our community about the Coronavirus Disease 2019 (COVID-19), and I want you to know that your health is my top priority.

With the increasing uncertainty and growing number of infected individuals around the world, we encourage you to take responsibility for yourself and your family. Though the risk remains low, it's important to take a proactive approach to minimize exposure.

- In-person appointments will continue with using a phone or a remote video session using Simple Practice. This is a HIPAA complaint format.
- In-person group sessions will be suspended at this time. We will still be meeting via video conference using [Zoom](#) for now to help limit possible exposure. This is a HIPAA complaint format as well.

I encourage you to keep our scheduled secure video appointment with me. [Research shows](#) that they can be just as effective as in-person appointments, and we can continue your care without interruption.

Please refer to the [CDC's dedicated 2019-ncov](#) website for additional information, and maintain awareness by checking the official communications from the [Centers for Disease Control](#) and [World Health Organization](#).

If you have any questions, please let me know.

Regards,

Jennifer (Baptie) Murray, LMHC