

JANICE CAREW PSYCHOLOGICAL SERVICES INC.

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Counselling for Adults and Children
Clinical Hypnosis
EMDR

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RE: COVID-19 Pandemic

Recently, we've been receiving much information about the virus pandemic through the internet, newscasts and/or conversations with others.

Today, I understand that the virus is spreading quickly as it did in other countries who, in retrospect, were not as proactive as they could have been to contain COVID-19. We are being encouraged to "act now". "Flattening the epidemic curve" appears to be in everyone's best interest.

That being said, I am choosing to exercise an abundance of caution. "Protecting our personal borders" ensures that the virus cannot be passed from host to host. In the spirit of personal contribution to our health and well-being, effective tomorrow, Monday, March 16, I am choosing to shift my counselling contact from 'in person' meetings to 'telepsychology' meetings (i.e., by phone, FaceTime, or Doxy.me*).

I plan to meet with people using the telepsychology format until March 30. If you have an appointment scheduled with me between now and then, I will contact you at our scheduled time. Please email me to let me know what format you'd prefer and provide a phone number where I can reach you.

If you prefer to meet in person on March 30 or later, please contact me to reschedule your appointment.

Wishing you well,

Janice L Carew, M.Ed., R. Psych.

*To connect with me for your appointment, use any device with a camera and microphone to access my personalized and encrypted room link on Doxy.me. Open Google Chrome or Firefox and simply type in my URL <https://doxy.me/jancarew> .