

Cindy Gregory, Certified Counselor

Mosaic Counseling Services, LLC

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March 24, 2020

Hello current, potential, and past clients,

Due to the 'shelter in place' order from the governor, I will not use my office for face-to-face appointments.

Rather, phone sessions or walks in the Roslyn / Cle Elum area (at least 6 feet apart at all times) are available at this time. I am being trained for tele counseling this week and look forward to offering that service soon.

The best ways to reach me are via email at: info@mosaic-counseling.com, or text / call my cell: 509.607.9162.

I will post links for free-of-charge, on-line programs, largely centered around mindfulness and self care, during this time of increased stress and isolation. Please visit my website: mosaic-counseling.com for that information.

And, of course, I wish you all well! Get outside and breathe the fresh spring air. Please, please practice sheltering in place, 6' distance from other people, and continual hand washing / sanitizer use.

Take good care, and be kind to yourselves,

Cindy Gregory

