



*Happy New Year!*

Hi to all of my beloved clients near and far and to those who have yet to work with me but are interested! There are some significant changes afoot in my private practice that will change (for some of you) how we work together moving forward. With the potent intersection of Covid and becoming a mother, I have decided to shift my private practice to telehealth, at least for the foreseeable future. Although I have always offered phone sessions which has given me the great privilege of working with others across the continental US and in other countries, it has only been apart of my practice. Being able to make you a cup of tea, give you a hug and hold space for you in person brings me an incredible amount of joy and something that complimented the deeper work. I look forward to a time down the road when I am able to do this again! In the meantime if you wish to connect and have a session, please don't hesitate to call!

Warmly and with a hug,

*Heather*