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## FREEDMAN COUNSELING ASSOCIATES

Dear Clients, Colleagues and Friends,

We are living in complicated and unprecedented times. We hope you and your families are healthy and adapting to the changing conditions around all of us.

In response to the public health emergency, and to protect the health of our clients, we are now offering our services via phone and secure video conference technology.

Our past experience with telehealth technology has been very positive. We are finding remote sessions are an effective way to provide our services, and, surprisingly, in some cases young people actually share more openly from a distance than they do in person. Parenting consultations and individual sessions for adults are also, as always, available.

Our practice is available for day and evening appointments, and we are able to schedule flexibly to accommodate the needs of our clients and families. You are welcome to [contact us to schedule an appointment](#) at any time.

Warm regards to all of you,

[Dr. Al Freedman](#) & [Dr. Lauren Bartholomew](#)

Freedman Counseling Associates

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