

**Lisa Graziano, M.A., LMFT Sessions**  
**During the Coronavirus/COVID-19 Challenge**

I know that the coronavirus/COVID-19 is a concerning topic for everyone. For some this can be a very anxiety-raising experience. I want you to know that **I am available and my office remains open to provide my clients with support and service.**

I am following guidelines from the [U.S. Centers for Disease Control and Prevention \(CDC\)](#) which includes [updated hygiene practices](#) that are good to follow in *all* seasons. These include frequent and thorough hand washing, good coughing and sneezing etiquette, and avoiding direct contact with others when you are sick.

You may continue to schedule your psychotherapy appointments as needed. However, **if you are feeling sick please cancel your appointment, stay home and recover quickly.**

If you believe you were exposed to or may have COVID-19, call your primary care physician straight away. [Click Here](#) to read the most common symptoms this virus.

**If you feel more comfortable scheduling telephone or Zoom teleconference sessions** just let me know. Contact me at 310-764-8011 or [LisaGrazianoLMFT@gmail.com](mailto:LisaGrazianoLMFT@gmail.com) and we will schedule a telehealth session.

By working together we will combat this virus quickly.