



March 15, 2023

To my True North clients and their families,

Hello! I am writing to let you know that as of May 1st, I will be making some adjustments to the client work that I do at True North. Over the last year and a half my husband has been spending a majority of his work hours travelling for his job. While we are grateful that he has a job he loves, we miss being all together as a family. In addition, I have always had the desire to homeschool, travel, and invest some additional time expanding my knowledge in certain counseling specific areas. With that said, I have made the decision to switch my appointment availability to primarily telehealth (with a sprinkle of in-person openings when I come back to Texas- which I plan to do periodically) as we spend the year together travelling as a family. In many ways this has been a difficult decision; leaving the in-person client interactions that I love. But yet it seems like an opportunity that will be so invaluable to our family I cannot pass up.

It is important for me to let you know that this is not permanent. It is my plan to return to Texas and resume full-time in-person counseling in June 2024. If there were any good takeaways from the year 2020 it was that Telehealth is a *very* viable option. I do understand, however, that some of you will not wish to use telehealth, and that you will desire to work within a therapeutic relationship that is weekly and in person. I totally understand that! I can give you referrals to some of the very best people, whom I have the utmost professional faith in.

For those of you who *do* wish to continue with our sessions via telehealth, the process will be simple. All bookings will continue to go through Simple Practice. When you choose to schedule a telehealth appointment, you will be emailed a link from Simple Practice to access our telehealth platform. Your 50-minute video session will be secure and confidential.

For any questions that you may have about this change (scheduling, use of telehealth, referrals, etc.) you can reach me directly via email (cheryl@truenorthtw.com) or contact our client coordinator, Diana Adams (diana@truenorthtw.com).

Thank you for trusting me with not only your hearts, but your stories, and for many of you- your family members. My heart is full of gratitude for your support. I am so grateful.

Sincerely,

A handwritten signature in black ink, appearing to read "Cheryl Butler".

Cheryl Butler, MA, LPC-S

True North, TW Counseling & Consulting
2219 Sawdust Road, Suite 103
www.truenorthtw.com