



On behalf of the PUREPSYCH team, I would like to offer my sentiment to you and your family during this unexpected and difficult time. Your family's health, safety, and wellbeing, now and always, is our priority. The worldwide concerns regarding the Coronavirus continue, impacting everyone in different ways. We all, however, share the experience of forced adjustment, anxieties related to the unknown, and a desire for a remedy that will ensure collective safety and wellness.

Many have asked if we will be holding appointments following the news that NJ schools are and many other places of employment and businesses may be closing. As long as we are permitted to do so, we will be holding office hours in both the Livingston and Watchung locations. We believe the option for continued care, support, and the opportunity for processing the adjustment and adaptations required is afforded. It is important that we are all able to choose to do what is best for ourselves, our children, and our families during a time when many things are beyond our control. Therefore, we want you to know that we are available via multiple methods: in office, via phone, and via Zoom (a HIPAA compliant face-time online meeting platform). Whatever the method, we are able to continue to assist in and support the growth of our people. If you feel as though participation from home or elsewhere during these times is safer, reduces concerns, and/or is aligned with the needs of you, your children, and your families, please just let us know. We are happy to accommodate!

Safety and health during this time is a collective effort that requires all of us to do our part to protect each other, whether in office, at home, or in the communities in which we live and work. We are monitoring the World Health Organization and CDC for updates and directives. We encourage everyone to join us in employing the safety measures recommended to mitigate the risk of infection and aid in slowing the transmission by following practices offered such as washing your hands and using hand sanitizer frequently, covering your mouth with your elbow when sneezing or coughing, not shaking hands or touching others, and using caution and consideration and stay at home if you are not feeling well, among others. Even without the threat of a virus, keeping and maintaining a sanitary, comfortable environment is imperative. We also ask that as a courtesy to others, you join us by using hand sanitizer and washing your hands with soap and water before and after visits to the office and everywhere. We will continue to monitor the news for any new developments but please know our efforts in maintaining a clean and sanitary environment. Please stay safe and we look forward to our next meeting!

If you have any questions feel free to contact me via cell at 973.760.3857 or via email at drbryan@purepsych.com

learn. grow. thrive.

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“Don’t go through life. Grow through life.” – Eric Butterworth

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