

Skype Counselling Sessions

For clients who cannot make office visits because of distance or accessibility, I offer online counselling sessions through Skype, a popular chat program which allows us to talk to each other live over video and is the next best thing to in-person visits.

All you need is a private place, your computer and a web cam (which comes with most computers these days). Skype is a free downloadable program which is quick and easy to install.

All Skype sessions are encrypted to ensure privacy and confidentiality. You can read more about it on Skype's website here <http://www.skype.com/en/security/>.

SKYPE HOW-TO

1. Go the Skype website (skype.com) and download the latest version of Skype for Windows or Mac, then install it on your computer. If you have any trouble, check their support page.

2. Open Skype and add me to your Contact List. My username is **zu.peters**

3. Email or phone me to set up an appointment time for us to meet on-line:

zu@2-apples-a-day.com

250-764-1915

250-717-7772 (cell)