Schedule Beginning 1/2023

[Amanda Sawyer](mailto:amandansawyer@psychologyandwellnessgrouppdx.com)

Monday Telehealth 10-1, 2-5, Free Initial Consults 9-10

Tuesday Office 9-1, 2-3, 4-5

Wednesday Office 11-1, 2-6

Thursday Telehealth 9-1, 2-4

Friday Alternating each week between office and telehealth, 9-1pm.

Saturday NOT Working

Sunday Office Closed

Office = In Person Sessions

Telehealth = Only Telehealth Sessions these days

Schedule is subject to change

Self Pay & INSURANCE Accepted:

AETNA

BCBS

Providence

PacificSource Commercial

OHP (HealthShare, Trillium, PacificSource)

Wellspring EAP