

“Mira” Mary E. Tessman, MA, LCPC
Wellspring Healing Arts
Mindfulness-Based, Trauma-Informed Clinical Psychotherapy
410-370-6764
www.wellspringhealingarts.org
<https://www.psychologytoday.com/profile/331859>

Welcome to my psychotherapy practice! I am looking forward to meeting you for your scheduled session with me.

I am providing psychotherapy sessions in-person one day/week and virtual sessions via telemedicine using Zoom (HIPAA compliant). Please see the address below for in-person sessions or the link below to access a telemedicine session. There is a virtual waiting room and I will open it when I have ended my previous session.

*Please fill out the attached intake forms and send them filled out to me a day before our first **virtual** session or bring a hard copy to our first **in-person** session.

Please let me know that you have received this email and if you have any questions.

I am looking forward to meeting and working with you!

Sincerely,

Mira

Virtual Sessions

Mira Tessman is inviting you to a scheduled Psychotherapy Session

[Join Zoom Session](#)

Meeting ID: 874 0277 4849

Passcode: wellspring

In-Person Sessions

Ruscombe Mansion Holistic Health Center

4801 Yellowwood Ave.

Baltimore, MD 21209

Located off Springarden Dr. and off Greenspring Ave. just south of Sinai Hospital.

There is a small parking lot on the east side of Yellowwood Rd. Park and walk up the stairs or ramp to the historic white mansion on the right.

The front door code is 1084.

Come in, go up one set of stairs and have a seat on landing. I will greet you there.

Masks are optional.

Restrooms are located at each end of the first floor hallways.

If you have any issues arriving, please text me 410-370-6764.

See you soon,

Mira