



A Change for Better- Packages for Counselling Sessions

In the spirit of meeting clients where they are in life, the packages below are to assist with flexibility and needs. Please have a look over the options below and select one that works for you!

Packages - 3 Months (12 weeks)

- 1 session weekly with daily check in texts and a weekly email- \$2400
- 1 session weekly with daily check in texts- \$1920
- 1 session every other week with daily texts and a weekly email- \$1920
- 1 session weekly with 3 check in texts weekly, and a weekly email- \$1600
- 1 session every other week with daily check in texts- \$1440
- 1 session weekly and a weekly email- \$1440
- 1 session every other week, 3 check in texts weekly, and a weekly email- \$1280
- 1 session weekly and 3 check in texts weekly- \$1280
- 1 session every other week, and a weekly email- \$960
- 1 session weekly- \$960
- 1 session every other week and 3 check in texts weekly- \$800
- 1 email weekly- \$480
- 1 session every other week- \$480
- 3 check in texts weekly- \$320

Packages- 6 Months (26 weeks)

- 1 session weekly with daily check in texts and a weekly email- \$3900
- 1 session weekly with daily check in texts- \$3120
- 1 session every other week with daily texts and a weekly email- \$3120
- 1 session weekly with 3 check in texts weekly, and a weekly email- \$2730
- 1 session every other week with daily check in texts- \$2340
- 1 session weekly and a weekly email- \$2340
- 1 session every other week, 3 check in texts weekly, and a weekly email- \$1950
- 1 session weekly and 3 check in texts weekly- \$1950
- 1 session every other week, and a weekly email- \$1560
- 1 session weekly- \$1560
- 1 session every other week and 3 check in texts weekly- \$1110
- 1 email weekly- \$780
- 1 session every other week- \$780
- 3 check in texts weekly- \$390