

## **SERVICES & FEES**

### **Emotional Wellness & Psychosocial Support Services**

I provide Emotional Wellness and Psychosocial Support Services for individuals aged sixteen (16) years and older within my scope of practice as a Registered Social Service Worker (RSSW).

My approach is relational, person-centred, trauma-informed, strengths-based, solution-focused, recovery-oriented, anti-oppressive, culturally responsive, 2SLGBTQIA+ affirming, and neurodiversity-affirming. Services are tailored to each individual's strengths, needs, goals, preferences, and circumstances.

I offer a supportive and collaborative space where individuals can explore emotions, build coping skills, navigate life challenges, strengthen daily functioning, pursue meaningful goals, and connect with resources and supports that promote overall wellbeing.

### **Scope of Practice**

Services are provided in accordance with RSSW standards of practice, applicable legislation, and professional standards.

Services do not include psychotherapy, diagnosis of mental health conditions, medical treatment, psychiatric treatment, or crisis intervention. Individuals requiring services beyond my scope of practice may be referred to alternative providers.

### **Areas of Support**

Support may be provided in the following areas:

- Emotional awareness and self-understanding
- Emotion regulation and coping skills development
- Life transitions and adjustment support
- Personal growth and goal achievement
- Life skills and daily functioning
- Resource navigation, advocacy, and connection to supports

### **Support Methods**

Support may be provided through the following methods:

- Reflective listening and supportive conversation
- Validation and emotional support
- Psychoeducation
- Problem solving and collaborative goal setting

### **Service Delivery**

Services may be provided through:

- Individual sessions

- Virtual appointments (video or telephone)
- In-person appointments at mutually agreed-upon locations

### **Fees**

| Service            | Duration                      | Fee   |
|--------------------|-------------------------------|-------|
| Intake Session     | 75 minutes                    | \$135 |
| Individual Session | 50 minutes                    | \$110 |
| Individual Session | 25 minutes                    | \$65  |
| Check-In           | 15 minutes                    | \$35  |
| Indirect Work*     | Billed in 5-minute increments | \$10  |

\*Indirect work may include letters, forms, resource coordination, advocacy activities, referrals, and case-related administrative tasks completed on a client's behalf outside of scheduled appointments.

### **Appointment Information**

A minimum of 12 hours' notice is required for appointment cancellations or rescheduling.

Appointments cancelled with less than 12 hours' notice, or missed appointments, may be charged up to 50% of the scheduled service fee.

Appointments begin and end at their scheduled times. Late arrival may result in a shortened session, and the full service fee may apply.