



RENEW RESILIENCE COUNSELLING

October 2nd, 2024

Re: Notice of Rate Increase 2025

Dear valued clients,

I want to take a moment to express my gratitude for the trust you place in me as your therapist. It is a privilege to support you on your journey toward healing and growth.

I am writing to inform you of an upcoming change to my session rates. Effective January 1st, 2025, my fees will increase as follows:

- **Standard 60-minute session:** \$175
- **Longer 75-minute session:** \$219
- **Longer 90-minute session:** \$262

Please note that the last 10 minutes of each session are used for documentation. Therefore, the effective therapy time is 50 minutes, 65 minutes, and 80 minutes, respectively.

In accordance with our consent form, I am providing 90 days' notice of this rate increase to ensure you have sufficient time to adjust and prepare for this change.

This decision has not been made lightly. It reflects the necessity to keep pace with the rising costs of providing quality care, which includes ongoing professional development and essential operational expenses.

I understand that changes in fees can be challenging, especially during difficult times. If you are experiencing financial hardship and have concerns about continuing therapy, please do not hesitate to reach out. I am here to discuss possible solutions to ensure you continue receiving the support you need and deserve.

Thank you for your understanding. I look forward to our next session.

Warm regards,

Allison Grodinsky

Allison Grodinsky, MSW, RSW

Registered Social Worker/Psychotherapist

Founder and Owner of Renew Resilience Counselling