

## Rates

Chat and/or Voice/Video/Chat Conference: \$60 CAD or USD per hour

Online Journal Consultation: \$50 CAD or USD each

Online Self-Help Journal: \$35 CAD or USD

Telephone Counselling: \$70 CAD or USD per hour

Face to Face Counselling: \$100 CAD per hour

Intensive Retreat: \$70 CAD per hour

Courses: \$80 CAD or USD per course, or as per set rate

Groups, Workshops, Webinars: As per set rate for the event

### Notes:

Because there often is not that much difference in the exchange rate between CAD and USD, rates for services are the same for both currencies. Both CAD and USD currencies are accepted, as a matter of convenience for the client, depending on which currency the client prefers to use, except for in person counselling, for which only Canadian currency is accepted.

For those with low income or on government assistance, if the usual fee is a financial hardship, please discuss this with the counsellor, to find out what discounts or financial assistance may be available to you.

Telephone Counselling costs more than voice/video/chat in order to cover telephone charges involved in using this option. Face to face counselling costs more than online or telephone counselling, as there are limitations with counselling from a distance that do not exist with in person counselling. Intensive retreats involve a different process than regular in person sessions, which includes the client paying for an increased number of counselling hours all at one time, so the rate is reduced to make the costs of these retreats more manageable for clients.

If you have any questions about these rates, please contact Carolyn Waddell at [info@gracecounselling.com](mailto:info@gracecounselling.com).

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