



Sept 28th, 2025

Dear Clients,

Please note that our rates here at Abloom will be increasing for all sessions scheduled to take place from **January 1st 2026 onward**, please see the table below for details:

Session & Length (Online Only)	Sarah	Chrissy	Feyza	Kamie
Individual Psychotherapy (50 min)	\$185.00	\$170.00	\$170.00	\$170.00
Couples Psychotherapy (50 min)		\$185.00		
Family* Psychotherapy (50 min) * for up to a family of 4		\$185.00		
Family* Psychotherapy (65 min) * for up to a family of 4		\$230.00		

For details on other session length formats or for psychology services not listed here please talk to your treating therapist.

Please visit our online booking page here: <https://abloomtherapyandwellness.janeapp.com/>

Sincerely,

Sarah Pirrotta (she/her)
Registered Psychotherapist, RP, CCC, MACP, BFA
Abloom Therapy & Wellness
E: spirrotta@abloomtherapy.ca
M: (289) 301-8427
W: abloomtherapyandwellness.ca