

Dr. Allison Rees, Educator/LIFE Coach

LIFE (Living In Families Effectively) Seminars Parenting Courses

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You have received this letter as a result of making a request for my services. My approach is educational and provides parents and individuals with the skills and information they need to bring about positive change in their lives and relationships. My main focus is teaching parents and professionals through my seminars and coaching. I also work with individuals regarding personal growth and relationships. I *do not* work directly with children. If you are seeking help for other issues you can call or Google the B.C. Psychologist Association Referral Service or Counseling Referral Services for B.C. I do not have a list of referrals or names to recommend.

I work on Mondays and Thursdays through the day and early evening and some Saturdays when available with my “**in office**” sessions. If you have extended health care, the fee for a session is \$170.00 and payment is made to Miller and Associates, registered psychologist #654. On receipt of payment you are given an official receipt that you submit to your insurance company for reimbursement. Payment is required at each session. We cannot guarantee that you will be covered by your provider so check your coverage in advance. If you don’t have coverage, the fee is \$125. Payment is accepted by cheque, cash or credit card. Sessions are usually 60 minutes in duration and when needed, educational material is provided to support you. My office is located in the heart of Oak Bay Village. There is parking at the rear of my building and in the surrounding area.

**Telephone coaching** is not covered by extended health care. The fee is \$95. for a session or \$300 for four sessions that are approximately 55 minutes in duration. Payment is made through our website using Paypal before your session. The advantage to telephone work is that I am able to accommodate some evening times (when the kids are in bed) and various times through the day outside of my “in office” hours.

Further questions or concerns can be asked by phone or email.

Yours truly,

Allison Rees, Director of LIFE Seminars