



Dan's Legacy  
Therapeutic Counselling and Life-Skills Programs  
MEANS TEST  
2019

# Our Means Test

## Introduction

If you are reading this, you have asked one of our counselling/life skill coaches to work with your teen or young adult. We provide a multi-faceted approach that includes diet, exercise, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) and Mindfulness. We also help the youth plan a future they believe in, then with reasonable goal setting and prioritizing, we help them to achieve it. We call this visualization/actualization and expect them to work with our therapist to design a life that they believe in.

## Overview

The Introductory session is 1.5 hours, with each subsequent session lasting forty-five minutes. However, with some clients we recommend double sessions as they may need more time to get their work done. We work in four month modules with a least one to two sessions a week. At the end of the four-month module we discuss with the client if another module is needed or if they have made enough gains to continue working on their own with occasional maintenance sessions.

We begin with an interview session that lays out what the therapist will cover in the first module and then leave it up to the client to book the next and all ongoing sessions. Depending on where you live there may be a travelling charge added to the cost of the sessions. We need to have 24-hour notice of cancelled appointments or payment will be expected.

If you cannot afford counselling (earning under \$2,500 a month) Dan's Legacy can provide a bursary to cover the first four-month module. This will be reviewed at the end of the module if a second module is requested. See the chart below:

Gross Monthly Income	Cost of Sessions
\$0 - \$2,500	Request Bursary
\$2,500 - \$3,500	\$35.00 per session
\$3,500 - \$4,500	\$50.00 per session
\$4,500 and up	\$75.00 per session

Our main goal is to provide therapy to young people who have been affected by trauma and/or addiction issues. We subsidize our counselling programs so that no matter what your income your teen or young adult will have access to a counsellor/life skills coach.

You are welcome and encouraged to donate more to this cause so that more young people will have access to the help they need.

## Contact us

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