



## Extended Counselling & Coaching (BLC individual)

**Term: 4 monthly**

**Cost: £75.00 per month**

**Method: BACS**

### **How it works:**

#### *Your Mental Wellness Club*

This Scheme is a bit like a health club where you pay a monthly fee even if you choose not to go to the gym every week.

Payment is made via BACS on a monthly basis for a minimum period of 4 months, at which time you can continue or cancel.

### **£75.00 per month**

- Diarised sessions via Teams, Google Meet and Face to Face (including evening & weekends)
- Unscheduled sessions (in between appointments)
- Integral Eye Movement Therapy (needs to be Face to Face session)

**The Catch? There is no catch!** As a Blue Light Card holders there are no other charges.

### **BACS Bank Transfer: £75.00**

Simply set up a standing order payment with your bank (BACS Details on request)

**Then tell me the date of the month that payment will be made.**