



Bridge the Gap

Prices

Support Groups – FREE or donation

Essential Oil Support – FREE or donation

Reflexology Hand or Foot Massage - FREE or donation

Emotional Literacy Craft Sessions – from £10

Online After School Clubs - £5

Online Mindfulness and Relaxation Sessions – from £6

Parent Workshops/Webinars – From £17.50

Online Courses – From £20

Assessment Call - £25

ACT Therapy (adults or children 12+) - £50 per session

1:1 Emotional Literacy Interventions – from £35 per session (£35 for sessions taking after 10am and before 3:00pm £40 thereafter)

1:1 Parent Support – from £35 per session (£35 for appointments taken after 10am and before 3:00pm £40 thereafter)

1:1 Emotional Literacy Parent and Child Sessions – from £35 per session (£35 for appointments taken after 10am and before 3:00pm £40 thereafter)

Systemic Family Therapy – £40 per session

1:1 Creative Expressive Sessions (adults) – from £25 per session (£25 for appointments taken after 10am and before 3:00pm £30 thereafter)

Play Therapy - £65 per session

Small Group Sessions for Children – from £50

Membership (access to all online content, recordings, monthly postcards and more (Thinkific courses exempt*))** - £29.95 per month over 12 months

School Sessions/Training – from £175 per hour

Clinical Supervision for Teachers – from £40 per hour

