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Dear Intrepid Counseling clients,

I hope you're all doing well. I wanted to take a moment to thank you for letting me be a part of your journey this past year. I am so grateful to get to working with each of you, and I'm excited to continue that work with you into the new year.

Preparing for next year, I want to let you know that starting January 1, 2024, there will be a slight increase in the cost of our regular therapy sessions. The fee for regular sessions will move from \$100 to \$110 USD per session. (Intake (one-time) Mental Health Assessment sessions will still cost \$200).

Because I know this change impacts you in an important way, I thought about this carefully. The reason this is necessary is to help maintain the level of care and support I provide and to cover the rising costs of therapy practice. Your well-being and progress in therapy are still my top priorities so please make sure that if the increase is causing hardship for you we find a solution together.

Thank you once again for allowing me to be a part of your lives. I look forward to continuing our work together in the coming year. If you have any questions or concerns, please don't hesitate to get in touch.

Wishing you a wonderful rest of 2023 and looking forward to the year ahead.

Warm regards,

Brianna White, LMFT