

Your Restore plan

What to bring, and what happens next

Thanks for using the referral planner. You were told to come here, and that's a hard way to start. This guide shows exactly what happens next, so there are no surprises.

Before your free 30-minute consultation, have these ready

- ☐ Your court order, probation conditions or referral letter
- ☐ The name and contact details of your probation officer, social worker or lawyer, if you have one
- ☐ Your deadline for completing counselling, if there is one
- ☐ Your extended health plan details, if you want to use direct billing

What happens next

- 1 Free consultation (30 minutes).** We review your requirements and confirm how many sessions you need, usually 6 to 12, and the cost.
- 2 First session.** The first 10 minutes cover exactly what is and isn't shared with your referring body. Then we start the work.
- 3 Sessions.** Weekly, in person in Surrey or online, in English, Punjabi or Hindi. Programs of 8 sessions or more include a midpoint progress summary.
- 4 Completion.** You receive a court-ready Letter of Participation, a Certificate of Completion and the Praxis resource booklet.

Cost

Option	Price
Pay as you go	\$200 per session
6 sessions, paid upfront	\$1,080 (10% off)
12 sessions, paid upfront	\$2,160 (10% off)

Direct billing is available for most extended health plans. Payment plans and a sliding scale can be discussed privately.

Willingness is enough to begin. You don't have to want to be here.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

praxiswellness.ca

In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.

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