



# New Pricing Effective 01/01/2025

To continue delivering exceptional service, we will be updating our pricing in 2025. Please see below for the updated rates:

## SPORTS COUNSELING RATES:

**Intake: \$175** (prev. \$165)

**Office Visit: \$160** (prev. \$150)

\*If billing insurance, these will be the new billed amounts, which may affect co-insurance/deductible amounts

## MENTAL PERFORMANCE RATES:

**12 visit package: \$1399** (prev. \$1299)

\*All other rates and package pricing will stay the same

## GROUP/WORKSHOP RATES:

**\$350/hour** (prev. \$250/hour)