



Individual Recovery Coaching – Pricing & Packages

With Amanda Toal, RCP, CARC & Corey Crow CARC

Single Coaching Sessions

Service	Description	Price
60-Minute Session	One personalized coaching session tailored to your goals, challenges, and needs.	\$135
90-Minute Intensive (optional)	For deep dives into complex issues, transitions, or emotional processing.	\$180

Ideal for those seeking flexible support or exploring coaching before committing to a package.

Includes: Trauma-informed support, personalized strategies, follow-up tools (optional), and a person-centered, all pathways - including harm reduction-friendly approach.

Coaching Packages

Package Name	What's Included	Price
Starter Package	3 sessions for short-term goals or trial commitment.	\$375
Growth Package	6 sessions to build consistency, tools, and resilience.	\$720
Transformation Package	10-session deep dive for lasting change and long-term planning.	\$1,100

Packages include:

- ✓ Personalized coaching plan
- ✓ Optional between-session support via email/text
- ✓ Priority scheduling
- ✓ Resource recommendations and planning tools

Sliding Scale Options Available

A limited number of sliding scale spots are available. If financial concerns are a barrier, we invite you to note this in your Contact Form or during your free intro call.

Ready to Begin?

- Schedule a Free Intro Call
- Download Pricing & Packages PDF
- Contact Us for Custom Support Plans