



BALANCE & BIRCH

V I R T U A L W E L L N E S S C E N T E R

FINANCES SHOULD NOT GET IN THE WAY OF YOUR HEALTH

At Balance & Birch, we believe that everyone should have access to exceptional wellness services. That's why we offer a reduced payment option for those who qualify, offering significant discounts on standard prices based on verified financial need. We additionally offer packages aimed at delivering a comprehensive approach to your well-being. These packages combine various services, offering a more comprehensive care experience at a discounted rate. Because your well-being is our priority, we make it accessible. Email us or talk to your clinician for more information.

SUPPORT OUR 'PAY IT FORWARD' INITIATIVE: OPT TO ADD \$5-20 TO YOUR SESSION FEE, HELPING US OFFER MORE REDUCED RATE APPOINTMENTS TO THOSE WITH FINANCIAL NEED.

In order to maintain the Integrity and vision of this practice, we do not take Insurance. However, we provide a courtesy service where we can help you to submit claims to your Insurance for out of network reimbursement if this is a benefit you are offered.

mind

Service	Rates
<p>1:1 Talk Therapy</p> <ul style="list-style-type: none">• <i>Traditional, integrative talk therapy for chronic illness, anxiety, grief, depression, life changes/transitions, LGBTQIA+ difficulties, and more</i>• <i>Sex therapy</i>• <i>Relationship counseling</i>• <i>Trauma-Focused Therapy</i>• <i>Neurodivergent-affirming Therapy</i>• <i>Internal Family Systems Therapy</i>• <i>Schema Therapy</i>	<p>25 minutes: \$100</p> <p>50 minutes: \$200</p>
<p>Group Processing Therapy</p> <ul style="list-style-type: none">• <i>Women's Group</i>• <i>Men's Group</i>• <i>Kink Group</i>• <i>Queer Persons Group</i>• <i>Neurodivergent Support</i>	<p>90 minutes: \$100</p>

<p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p>Nutrition for Mental Health Interactive Workshop</p> <p><i>This cost can be split between any participants and is not considered psychotherapy.</i></p> <p><i>No minimum participants required to run.</i></p>	<p>2 hours: \$300</p>
<p>Anger Management Interactive Workshop</p> <p><i>This cost can be split between any participants and is not considered psychotherapy.</i></p> <p><i>No minimum participants required to run.</i></p>	<p>2 hours: \$200</p>
<p>Autism Evaluation</p> <p><i>Evaluation of presence of autism spectrum disorder. Recommendations and verbal feedback are provided in a session that may be recorded by the client. Powerpoint slides are provided by</i></p>	<p>\$1000</p>

<p><i>the clinician.</i></p>	
<p>ADHD Evaluation</p> <p><i>Evaluation of presence of attention - deficit/hyperactivity disorder.</i></p> <p><i>Recommendations and verbal feedback are provided in a session that may be recorded by the client. Powerpoint slides are provided by the clinician.</i></p>	<p>\$1000</p>
<p>Comprehensive Evaluation</p> <p><i>Comprehensive assessment for autism, ADHD, OCD, PTSD, depression, anxiety, and more. Recommendations and verbal feedback are provided in a session that may be recorded by the client.</i></p> <p><i>Powerpoint slides are provided by the clinician.</i></p>	<p>\$1500</p>
<p>Diagnostic Reports</p> <p><i>Written reports that may be provided to schools, medical professionals, disability services, and employers. Must have gotten an evaluation through Balance & Birch within the last 5 years for this</i></p>	<p>Autism or ADHD: \$400</p> <p>Comprehensive Report: \$700</p>

<p><i>service.</i></p>	
<p>Virtual Assistant Services</p> <p><i>Whether scheduling appointments, managing emails, conducting research, or even organizing your daily life, this service is tailored to streamline your routine and free up your time for what truly matters.</i></p>	<p>\$1 per minute</p> <p><i>You will be provided with an estimate amount of time prior to a service as well as a list of billable services our provider engaged in and for how long. Estimates are not guarantees. If you have a strict budget, please inform us before utilizing this service.</i></p>
<p>Meditation Services</p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private guided meditation: \$30</p> <p>30 minute group guided meditation: \$15</p>
<p>Consultations and Supervision for Professionals</p> <p><i>We consult with teachers, psychologists, businesses, and more! Let us help you and anyone you work with improve on mental health and balance.</i></p>	<p>60 minutes: \$200</p>
<p>Private Group Mental Health Workshop</p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>\$50 per person</p>

Additional Administrative Tasks	\$30/30 minutes
Within 48-Hour Appointment Cancellation	25% Service Fee
Same-Day Appointment Cancellation	Full Service Fee

body

Service	Rates
<p>Neurodivergent & Trauma-Informed Yoga</p> <p><i>Our yoga instructor has additional training to ensure every person has a safe space for their practice.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private: \$35</p> <p>60 minute private: \$60</p> <p>3 month private package: \$295 for 30 minutes per week</p> <p>1 hour group class drop-in: \$25</p> <p>10 class pack: \$280</p>
<p>Personal Training</p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private: \$50</p> <p>60 minute private: \$75</p> <p>1 hour group class drop-in: \$25</p> <p>10 class pack: \$300</p> <p>1 month of written programming: \$10</p>
<p>Naturopathic Medicine</p> <p><i>Naturopathic medicine is a holistic</i></p>	<p>60 minute new patient visit: \$300</p> <p>45 minute follow-up: \$150</p>

<p><i>approach to healthcare that focuses on treating the whole person by combining natural therapies with modern medical knowledge. It emphasizes prevention, self-healing, and the use of natural remedies such as nutrition, herbal medicine, and lifestyle changes to address a wide range of health issues, including chronic conditions, stress, digestive disorders, and hormonal imbalances.</i></p>	<p>20 minute express visit: \$50</p>
<p>Hormone Balancing Workshops</p> <ul style="list-style-type: none"> • Female Hormones • Male Hormones • Trans Hormone Balancing <p><i>This cost can be split between any participants and is not considered medical advice.</i></p> <p><i>No minimum participants required to run.</i></p>	<p>2 hours: \$300</p>
<p>Sexual Health Workshops</p> <ul style="list-style-type: none"> • Male • Female 	<p>2 Hours: \$400</p>

<ul style="list-style-type: none"> • LGBTQIA+ <p><i>This cost can be split between any participants and is not considered medical advice.</i></p> <p><i>No minimum participants required to run.</i></p>	
<p>Naturopathic Group Class</p> <ul style="list-style-type: none"> • <i>Diabetes Support</i> • <i>Nutrition for Immune Support</i> <p><i>Groups require a minimum of 3 participants to run.</i></p>	60 minutes: \$75
<p>Nutrigenomics Consultation</p> <p><i>Dive into the science that connects your DNA to your diet and fitness, and receive customized guidance on how to optimize your health based on your unique genetic makeup.</i></p> <p><i>Cost of genetic test is included.</i></p>	\$600
<p>Consultations and Private Group Workshops</p> <p><i>We consult with teachers, psychologists,</i></p>	<p>60 minute consultation: \$75</p> <p>60 minute group workshop: \$20 per person</p>

<p><i>businesses, and more! Let us help you and anyone you work with improve on physical health and balance.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p>Additional Administrative Tasks</p>	<p>\$30/30 minutes</p>
<p>Within 48-Hour Appointment Cancellation</p>	<p>25% Service Fee</p>
<p>Same-Day Appointment Cancellation</p>	<p>Full Service Fee</p>



spirit

Service	Rates
<p>Interactive Aromatherapy 1:1</p> <p><i>Includes materials and shipping in the United States. Essential oils are not included. A list of recommended oil(s) will be provided prior to your session.</i></p>	<p>60 minutes: \$50</p>
<p>Sound Healing/Sound Bath</p> <p><i>Includes guided meditation</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	<p>30 minute private: \$30</p> <p>30 minute group: \$15</p>
<p>Chakra Balancing Consultation</p> <p><i>Aromatherapy consultation included.</i></p>	<p>60 minutes: \$80</p>
<p>Private Group Workshops</p> <p><i>We work teachers, psychologists,</i></p>	<p>60 minute: \$20/person</p>

<p><i>businesses, and more! Let us help you and anyone you work with improve on uplifting your spirit.</i></p> <p><i>Groups require a minimum of 3 participants to run.</i></p>	
<p>Additional Administrative Tasks</p>	<p>\$30/30 minutes</p>
<p>Within 48-Hour Appointment Cancellation</p>	<p>25% Service Fee</p>
<p>Same-Day Appointment Cancellation</p>	<p>Full Service Fee</p>

packages

Package	Rate
<p>Acute Injury or Illness</p> <ul style="list-style-type: none">• 1:1 Gentle Yoga• 1:1 Personal Training with Recovery Emphasis• 1:1 Talk Therapy for Coping and Processing• Naturopathic Medicine	<p>Mix and match \$500 worth of services for \$350.</p> <p>Services must be used within the month.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Stress Relief & Wellness Maintenance</p> <ul style="list-style-type: none">• Group Processing Therapy of Your Choosing• Group Yoga• Group Personal Training• Group Meditation• Group Sound Bath• Virtual Assistant Services	<p>Mix and Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services</p> <p>25% Service Fee for Appointments</p>

<ul style="list-style-type: none"> • Nutrigenomics Consultation 	<p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Diabetes</p> <ul style="list-style-type: none"> • Naturopathic Medicine • Naturopathic Group Class • Nutrigenomics Consultation • 1:1 Talk Therapy for Chronic Illness • Individual or Group Yoga • Individual or Group Personal Training • Individual or Group Meditation • Aromatherapy 	<p>Mix and Match \$1800 worth of services for \$1200 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services</p> <p>25% Service Fee for Appointments</p> <p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Autoimmune</p> <ul style="list-style-type: none"> • Naturopathic Medicine • Naturopathic Group Class • Nutrigenomics Consultation • 1:1 Talk Therapy for Chronic Illness • 1:1 Gentle Yoga • 1:1 Personal Training • Individual or Group Meditation • Aromatherapy 	<p>Mix and Match \$1800 worth of services for \$1200 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services</p> <p>25% Service Fee for Appointments</p> <p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day</p>

	Cancellations
<p>Medical Case Management</p> <ul style="list-style-type: none"> • Virtual Assistant Services • 1:1 Consultation with Illness Specialist <p><i>Let our illness specialist and virtual assistant tag-team to ensure you get comprehensive care across all your providers. They can assist with referrals, appointment scheduling, keeping your medical records, updating providers, and more!</i></p>	<p>\$1/minute</p> <p><i>You will be provided with an estimate amount of time prior to a service as well as a list of billable services our providers engaged in and for how long. Estimates are not guarantees. If you have a strict budget, please inform us before utilizing this service.</i></p>
<p>Neurodivergence</p> <ul style="list-style-type: none"> • Neurodivergence-Informed Yoga • Neurodivergence Support Group • Neurodivergent-Affirming Talk Therapy • Individual or Group Guided Meditation • Individual or Group Sound Bath • Individual or Group Personal Training • Aromatherapy • Virtual Assistant Services 	<p>Mix & Match \$1000 worth of services for \$650 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>

	<p><i>Optional Add-On: ADHD or Autism Assessment plus diagnostic report for \$1000. This is a \$1400 value.</i></p>
<p>Depression/Anxiety</p> <ul style="list-style-type: none"> • 1:1 Talk Therapy • Group Processing Therapy • Nutrition for Mental Health Consultation • Individual or Group Yoga • Individual or Group Personal Training • Individual or Group Sound Bath • Individual or Group Meditation • Aromatherapy • Chakra Balancing Consultation • Virtual Assistant Services 	<p>Mix & Match \$1000 worth of services for \$650 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Anger</p> <ul style="list-style-type: none"> • 1:1 Talk Therapy • Anger Management Workshop • Individual or Group Yoga • Individual or Group Personal Training • Individual Meditation • Aromatherapy 	<p>Mix & Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p>

	<p>Full Service Fee for Same-Day Cancellations</p>
<p>Trauma</p> <ul style="list-style-type: none"> • Trauma-Focused Talk Therapy • Nutrition for Mental Health Consultation • Trauma-Informed Yoga • Aromatherapy • Individual Personal Training • Individual Sound Bath • Individual Meditation • Naturopathic Medicine • Virtual Assistant Services 	<p>Mix & Match \$1800 worth of services for \$1200 a month OR \$1000 worth of services for \$650 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Addiction Recovery Maintenance</p> <ul style="list-style-type: none"> • 1:1 Talk Therapy • Anger Management Workshop • Individual or Group Yoga • Individual or Group Personal Training • Individual or Group Meditation • Individual or Group Sound Bath • Naturopathic Medicine <p><i>We do not treat active addiction. This package is for individuals who are</i></p>	<p>Mix & Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day</p>

<p><i>wanting additional lifestyle support post-rehabilitation or recovery.</i></p>	<p>Cancellations</p>
<p>Women's Health</p> <ul style="list-style-type: none"> • Women's Processing Group • Group Meditation • Group Yoga • Group Personal Training • Naturopathic Medicine • Nutrigenomics Consultation • Female Hormone Balancing Workshop • Chakra Balancing Consultation • Female Sexual Health Workshop 	<p>Mix & Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments</p> <p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Men's Health</p> <ul style="list-style-type: none"> • Men's Processing Group • Group Meditation • Group Yoga • Group Personal Training • Naturopathic Medicine • Nutrigenomics Consultation • Male Hormone Balancing Workshop • Chakra Balancing Consultation • Male Sexual Health Workshop 	<p>Mix & Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments</p> <p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>

<p>LGBTQIA+ Health</p> <ul style="list-style-type: none"> • Queer Persons Processing Group • Individual or Group Meditation • Individual or Group Yoga • Individual or Group Personal Training • Naturopathic Medicine • Nutrigenomics Consultation • Trans Hormone Balancing Workshop • Chakra Balancing Consultation • LGBTQIA+ Sexual Health Workshop 	<p>Mix & Match \$800 worth of services for \$500 per month.</p> <p>Cancel any time.</p> <p>Roll over any unused services to the next month!</p> <p>10% off any additional services.</p> <p>25% Service Fee for Appointments</p> <p>Cancelled within 48 Hours</p> <p>Full Service Fee for Same-Day Cancellations</p>
<p>Additional Administrative Tasks</p>	<p>\$30/30 minutes</p>