

Your Fees, at a Glance

Hope & Bloom Bilingual Therapy, PLLC · Colorado

A picture guide to the Hope & Bloom Service Menu

Getting started in 4 steps



Pick your rate

Standard or Community Access



Pick your session

Video or phone, 30–60 min



Add support

Optional: texting, check-ins, plans



Get your estimate

In writing, before you start

Step 1 • Two ways to pay

Standard Rate

The prices on this page and the Service Menu.

Community Access Rate

Usually **20%–50% lower**, for anyone the Standard Rate doesn't work for right now.

- ✓ No paperwork or proof of income
- ✓ We never ask about immigration status
- ✓ No Social Security Number needed
- ✓ Limited spots — just ask

Step 2 • Session prices (Standard Rate)



Video
60 min

\$190



Video
45 min

\$150



Video
30 min

\$115



Phone
45 min

\$140



Phone
30 min

\$105



Couples / family
60 min

\$210



First visit: Diagnostic Intake
60–90 min · one time

\$225

Step 4 • Your written estimate



Before you start, you get a **Good Faith Estimate**: your services, how often, and the expected total for a set period. It's not a bill — it's so there are no surprises.

Step 3 • Support between sessions (optional)

Text support

Therapy every week

Therapy every 2 weeks

Standard

\$65 / week

Light

\$45 / week

Each bubble = 1 exchange (your message + my reply). Unused exchanges don't carry over.

Brief check-ins

Short scheduled phone or video calls, Mon–Fri. \$3.25 per minute.

\$16

\$32.50

\$65

3 min • minimum

10 min

20 min • maximum

Ready-made plans

Just the Sessions

\$190/wk

Session + Light Check-Ins

\$175/wk

save 5%

Your Session + Texting

\$235/wk

save 8%

Full Support

\$225/wk

save 9%

Therapy + Family

\$175/wk

save 5%

Staying Steady

\$70 every 2 wks

Coached & Connected

\$160/wk

save 9% • coaching only

Most save 5%–9% compared with booking each piece separately.

Good to know

Billed up front

Text support and plans are charged at the start of each week (or 2-week cycle).

24-hour cancellation

Late cancel or no-show: \$75. **Your first one is forgiven.**

Running long?

First 5 extra minutes free; then \$3.50/min in 5-min blocks.

Therapy or coaching

Coaching is only for people not in therapy with me.

Not for emergencies

In a crisis, call or text **988**, or call **911**.

Insurance

I don't bill insurance, but I can give you a superbill to submit yourself.

Four example clients

Made-up examples at Standard Rate prices. Monthly amounts are averages (some months have 5 weeks). The 12-week total includes the \$225 intake, except for coaching.

A

Ana

Weekly therapy, nothing extra

Video 60 min

Weekly

\$823

about / month

\$2,315

first 12 weeks

C

Carlos

Full Support plan + a few brief check-ins

Video 45 min

Standard texting

Monthly care call

~2 check-ins/mo

\$974

about / month

\$2,895

first 12 weeks

M

María

Every 2 weeks by phone + Light texting

Phone 45 min

Light texting

Every 2 weeks

\$401

about / month

\$1,150

first 12 weeks

L

Luis

Coaching only (not in therapy here)

Coaching 30 min

Coaching texts

\$693

about / month

\$1,920

first 12 weeks

How María's month works

Week 1	Week 2	Week 3	Week 4
Session \$140	No session	Session \$140	No session
Texting \$45 (covers 2 weeks)		Texting \$45 (covers 2 weeks)	

Average monthly cost, by example

Ana		\$822.70
Carlos		\$974.25
María		\$401.45
Luis		\$692.80

These pictures are a guide. The Service Menu and your individualized Good Faith Estimate are the official documents. Questions? Just ask me.