



BilaEmpower
STRONG SPIRITS & COMMUNITY

A collaboration between new First Nations charity, BilaEmpower, and established First Nations Sovereign First Nations Allied Health Businesses

INVESTMENT

ANNUAL ADMINISTRATION FEE

Your investment includes an annual \$1000+GST administration fee.

ONE-TO-ONE THERAPY (VIRTUALLY) OR ONE-TO-ONE EXECUTIVE SUPPORT (VIRTUALLY):

For the One to One Therapy (virtually) and one to one executive Support (virtually) your investment is \$300+gst per hour per session for Counsellors / Social Workers or \$400+gst per hour per session for Psychologists. We find a lot of people prefer off Country support, especially if working in regional / remote locations. You determine the number of sessions per year and who is eligible to receive the services. All our services are confidential. We usually offer this via Zoom, Teams or FaceTime. Whatever the employee or their family member feels most comfortable accessing. At present, counselling hours are potentially negotiable, but not available 24 hours a day given the important work that each of our sovereign therapeutic specialists do in each of our communities. Appointments can be booked online through an easy booking app.

1 HOUR MONTHLY VIRTUAL WELLBEING YARNING CIRCLES

This involves both a male and female First Nations therapist for the hour to provide a supportive space to yarn about how people are feeling. This is usually only provided for employees given the nature of the situation. Your investment is \$1100+gst per hour per session.

VISIT OUR WEBSITE:



www.bilaempower.org



info@bilaempower.org