

GROW with Mrs. Flowers

Client Agreement & Exchange Understanding

Welcome to GROW with Mrs. Flowers.

This space was created to support healing, learning, reflection, resilience, and personal growth through compassionate human connection, education, coaching, grief recovery support, and reciprocity-based exchange.

The purpose of this agreement is to create clarity, mutual respect, emotional safety, and healthy boundaries for everyone involved.

Please read the following carefully before scheduling sessions.

Nature of Services

GROW with Mrs. Flowers offers supportive services that may include:

- grief recovery support
- life coaching
- resilience and coherence practices
- educational mentoring and tutoring
- reflective conversation
- Healing Touch
- personal growth support
- writing and literacy guidance

These services are educational, supportive, and growth-oriented in nature.

GROW with Mrs. Flowers does not provide:

- psychotherapy
- counseling
- psychiatric services
- medical treatment
- crisis intervention
- legal advice
- financial advice
- or diagnosis/treatment of mental health conditions

Participation is voluntary, and each client remains fully responsible for their own choices, wellbeing, interpretations, and outcomes. No specific results or outcomes are promised or guaranteed.

Session Structure

Clients may schedule up to six (6) one-hour sessions per calendar year.

Sessions may occur:

- weekly
- biweekly
- monthly
- or at another mutually agreed-upon pace

To support emotional integration, nervous system regulation, reflection, and sustainable growth, sessions are generally limited to no more than one session per week.

Clients are welcome to use their sessions in whatever combination best supports their needs throughout the year.

Availability may vary seasonally due to Kimberly's teaching schedule, with additional openings often available during summers and weekends.

Sessions may take place:

- virtually
- in public spaces
- at community locations
- or in Kimberly's home office after an initial public meeting has occurred

Scheduling & Cancellation Policy

Clients are asked to honor scheduled appointment times whenever possible.

One cancellation or reschedule per calendar year is permitted without issue.

If additional cancellations occur, future sessions may be postponed until the following calendar year in order to honor scheduling fairness, energetic commitment, and availability for others.

Exceptions may be considered in situations involving emergencies or significant unforeseen circumstances.

If Kimberly must reschedule a session, every effort will be made to provide timely notice and an alternative appointment.

Communication Boundaries

Email communication is welcome for scheduling, follow-up reflections, and reasonable ongoing connection between sessions.

Text messaging is not offered at this time.

While Kimberly values meaningful connection and will do her best to respond thoughtfully, excessive or ongoing email communication beyond the scope of scheduled sessions may result in gentle boundaries being established to support sustainability and balance.

The GROW Exchange

GROW with Mrs. Flowers operates through a reciprocity-based exchange model rather than traditional transactional pricing.

There is no required fee for services.

Clients are invited to participate in the exchange in whatever way feels meaningful, aligned, and joyful to them. This may include:

- monetary offerings
- gift cards
- creative works
- acts of kindness
- shared resources
- practical support
- reciprocal services
- or paying generosity forward to others

A portion of monetary donations received through GROW with Mrs. Flowers will be set aside for Teddy's Fund: The Theodore Charles Martin Flowers Memorial Scholarship, planned to begin with the graduating Class of 2029 in loving memory of our precious son.

The intention of this model is mutual upliftment, generosity, gratitude, and meaningful exchange rather than obligation or pressure.

Confidentiality & Privacy

Client conversations will be treated with respect, discretion, and care. However, clients understand that GROW with Mrs. Flowers is not a HIPAA-covered healthcare provider, and electronic communication cannot be guaranteed to be fully secure.

Information may be disclosed if required by law or if there is concern regarding immediate risk of harm to self or others. Clients are encouraged to use personal discernment when sharing sensitive information electronically.

Minor Participation & Parent/Guardian Consent

GROW with Mrs. Flowers welcomes opportunities to support young people through tutoring, educational mentoring, grief support, and resilience-building practices.

For all clients under the age of 18:

- parent or guardian consent is required
- parents/guardians must be aware of all scheduled sessions
- virtual sessions require parental knowledge and consent
- parents/guardians are always welcome to attend sessions, whether virtual or in person

The intention of this work is to partner openly and collaboratively with families in a spirit of trust, transparency, and shared support.

To maintain clear professional and educational boundaries, GROW with Mrs. Flowers does not currently offer private coaching, grief support, or related services to students actively enrolled at schools where Kimberly Flowers is employed.

Former students and graduates may participate in services with appropriate consent and mutual agreement.

Hold Harmless & Personal Responsibility

By participating in services through GROW with Mrs. Flowers, clients acknowledge that:

- participation is voluntary
- they are responsible for their own decisions and actions
- no outcomes are guaranteed
- services are supportive and educational in nature

Clients agree to hold Kimberly Flowers and GROW with Mrs. Flowers harmless from claims, liabilities, damages, or losses arising from participation in sessions, conversations, recommendations, or related activities.

Email Acknowledgment & Consent

To confirm agreement with this document, please respond to “Contact Mrs. Flowers” with the following information:

FULL NAME:

EMAIL ADDRESS:

PHONE NUMBER:

EMERGENCY CONTACT NAME & PHONE NUMBER:

IF CLIENT IS UNDER 18:

Parent/Guardian Name:

Parent/Guardian Email:

Parent/Guardian Phone Number:

Please include the following statement in your email response:

“I have read and agree to the GROW with Mrs. Flowers Client Agreement & Exchange Understanding. I understand the nature of these services and voluntarily consent to participate.”

For minors, parents/guardians should also include:

“I consent to my child’s participation in services offered through GROW with Mrs. Flowers and understand that I am welcome to attend sessions.”

Thank you for helping create a space rooted in mutual respect, compassion, emotional safety, and meaningful human connection.

Kimberly Flowers
Revised 5/29/2026