



Vikki Stark

Psychotherapy, Couple and Family Therapy

Thanks for contacting me! I'm looking forward to meeting with you either in person or through Zoom and helping you with whatever is on your mind.

General Policy

Sessions last 50 minutes and the time is calculated based on our scheduled start-time.

Couple or family sessions only begin when everyone is present.

In-Person Sessions

1. My office is located at 5708 Monkland Avenue in NDG (corner of Harvard). It's above the Austrian Ski Shop. Please press the buzzer marked #4 - "Hopi".
2. Parking is available on Monkland for a fee or on the side streets for free.
3. The closest metro station is Villa Maria. It's either a 10 minute walk or a 5 minute bus ride down Monkland to the office.

Zoom Sessions

1. You'll receive the Zoom link when you schedule the session and will get a reminder the day before.
2. Make sure you're in a private and quiet place and will not be interrupted.
3. It's best to use a computer, if possible. Please make sure your face is well lit.
4. No eating in the session. Non-alcoholic drinks are fine.

Scheduling a Session

I will send you a link to my agenda where you can find a good time and schedule your session. After our first session, I'll forward a different link to you so you can schedule subsequent sessions.



Payment

Please pay the fee of \$220CAD prior to your session by etransfer to info@vikkistark.com or, if we're meeting in person, you can pay by cheque or cash at the end of the session. Should you need to cancel, please notify me 24 hours in advance. After the first session, you'll be expected to pay if you cancel without 24 hours notice.

Insurance Receipts

I'm licensed by the *Order of Social Workers and Family Therapists in Quebec* (OTSTCFQ) and am a psychotherapist with the *Quebec Order of Psychologists* (OPQ). I'm also a member of the *Academy of Naturopaths and Naturotherapists of Canada* (ACNN). I'll email you a receipt at the end of the month.

Confidentiality

The information you share with me will be treated with the utmost respect and a code of strict confidentiality will be applied at all times.

Let's get started!

Best,

Vikki Stark
Psychotherapist

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www.vikkistark.com

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