

Creative Journaling with Nicolle Nattrass, CAC II

Price List



RECOVERY TOOL || TRAUMA-INFORMED | CREATIVE SELF CARE

SERVICES-

All prices listed here Canadian funds

- **CJ: The Promises of Recovery Program Overview** (90 min)- **\$595**
- **CJ for Promises of Recovery Training** (90 min)- **\$595**
- **CJ for Helping Professionals Training** (90 min)- **\$595**
- **CJ: Just for Teens Training** (90 min)- **\$595**
- **CJ for Family Self-Care Training** (90 min)- **\$595**
- **CJ for Self-Care Intro** (60 min)- **\$500**
- **CJ for Family Self-Care for Parents & Caregivers** (60 min) - **\$449**

- **Advanced Training/One on One Consultation-** **\$145/hr**
- **Customized Journaling curriculum** - **\$100/worksheet**
- **Digital Book, Just the Two of Us-** **\$19.99** (*Print copy available @ Amazon*)
- **Journaling Together Kit includes Book & Journal-** **\$39.95** plus shipping

Trauma-informed Approaches are essential for maximizing the benefits of program integration and safety for clients.



Nicolle is part of the Journal Council at the International Association for Journal Writing. One of the top 50 experts in the world in journaling, she is the author of **Just the Two of Us, A Soft Place for Tender Hearts to Land**, (Zebra Ink 2020) and a contributing author to the following books-

- **You Are Not Alone, An Anthology of Perinatal Mental Health Stories** (Wintertickle Press, 2020)
- **Transformational Journaling for Coaches, Therapists and Clients** (Routledge Press, 2021),
- **The Great Book of Journaling, How Journal Writing Can Support a life of wellness, creativity, meaning and purpose** (Conari Press, 2022),
- **The Coach's Guide to Completing Creative Work** (Routledge Press, 2022)

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Creative Journaling with Nicolle Nattrass CAC II

CJ Programs



Created by: Nicolle Nattrass CAC II, Addiction Counselor, facilitator, maternal mental health advocate, consultant and Keynote Speaker

CREATIVE JOURNALING PROGRAMS & PACKAGE AVAILABLE

15% Discount when you purchase 2 or more programs.

CJ: The Promises of Recovery Program (Adults)- \$2395

CJ: Just for Teens Program - \$2295

CJ for Family Self Care Children's Program- \$1795

All CJ Programs include-

- **Full Module Curriculum*** & Facilitator Outline
- (2) 90-minute Webinar Training for Counselors/Staff
- (2) 60-minute Zoom Consultations, working with Team Leader/Supervisor/Program Director for maximum program outcomes
- Client Color worksheets & workbook
- Email support during launch of CJ program
- 30-day follow-up after launch, option for customized Journaling worksheets for your centre.
- Yearly licensing fee that includes re-training for new staff

***Curriculums not available for individual purchase Value-\$1,895**



In all of the work Nicolle does, she values creating environments where tenderhearted conversations can be held and where a trauma-informed lens leads.

One of the top 50 experts in the field, Nicolle's courses & programs have been approved by the CACCF and she continues to train professionals on how to use Creative Journaling to help heal trauma, addiction, family disconnection and to support all areas of recovery, with a focus on self-care.

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