

Terms & Conditions

Last updated: June 2026

By accessing or using this website and purchasing any services offered through Grounding with Ruth, you agree to the following terms.

Who These Terms Apply To

These terms apply to all visitors, clients, and customers of Grounding with Ruth, operated by Ruth Hirshberg, Ontario, Canada.

Services

Grounding with Ruth offers wellness-based services including one-on-one sessions, online courses, workshops, and personalized meditations. All services are virtual unless otherwise stated and are available to individuals 18 years of age and older.

Not a Substitute for Professional Care

The services offered through Grounding with Ruth are wellness-based and are not a substitute for mental health counselling, psychotherapy, or medical care. If you are experiencing a mental health crisis or require regulated mental health support, please contact a qualified professional.

Ruth Hirshberg is a Registered Social Worker (MSW, RSW). Her private counselling practice is a separate service and is not offered through this website.

Payments

All prices are listed in Canadian dollars (CAD). Applicable taxes, including HST, will be added at checkout. Payments are processed securely through Stripe.

Refund Policy

Due to the personalized nature of the services offered, all sales are final.

Access to digital products, courses, and downloadable materials is granted immediately upon purchase and is therefore non-refundable.

If you have a concern about a purchase, please contact me at ruth@groundingwithruth.com and I will do my best to address your concerns.

Intellectual Property

All content on this website, including text, images, course materials, meditations, recordings, downloads, and other resources, is the property of Ruth Hirshberg and Grounding with Ruth.

You may not reproduce, distribute, modify, sell, or use any content without written permission.

Website Use

You agree to use this website for lawful purposes only and not to misuse, copy, interfere with, or attempt to disrupt the operation of this website or its content.

Limitation of Liability

Participation in any Grounding with Ruth service is voluntary, and you assume full responsibility for your decisions, actions, and results.

Grounding with Ruth is not liable for any direct, indirect, incidental, consequential, or special damages arising from your use of this website or participation in any services.

Changes to These Terms

I may update these terms from time to time. Continued use of this website following any changes constitutes acceptance of the updated terms.

Contact

If you have questions about these terms, please email ruth@groundingwithruth.com.