

This Privacy Policy outlines how Caroline Barrett from Sober Me a Certified Recovery Coach, collects, uses, discloses, and protects your personal information.

## **Information We Collect**

We may collect the following personal information:

- **Contact Information:** Name, email address, phone number
- **Demographic Information:** Age, gender, location
- **Health Information:** Information related to your recovery journey, including but not limited to substance use history, mental health conditions, and treatment experiences.

## **How We Use Your Information**

We use your personal information for the following purposes:

- **Providing Coaching Services:** Tailoring coaching sessions to your specific needs
- **Communication:** Contacting you regarding appointments, updates, and other relevant information
- **Improving Our Services:** Analyzing data to enhance our coaching approach and offerings
- **Complying with Legal Obligations:** Adhering to applicable laws and regulations

## **Confidentiality and Privacy**

We are committed to maintaining the confidentiality of your personal information. We will only share your information with third parties when:

- You have provided explicit consent
- It is required by law or legal process
- It is necessary to protect the safety of others

## **Data Security**

We implement reasonable security measures to protect your personal information from unauthorized access, disclosure, alteration, or destruction. However, please be aware that no method of transmission over the internet or electronic storage is completely secure.

## **Your Rights**

You have the right to:

- Access and review your personal information
- Request correction of any inaccuracies
- Withdraw your consent to the collection, use, or disclosure of your information (subject to legal and contractual limitations)

## **Changes to This Privacy Policy**

We may update this Privacy Policy from time to time. We will notify you of any significant changes.

## **Contact Us**

If you have any questions or concerns regarding this Privacy Policy, please contact us at [caroline@soberme.ca](mailto:caroline@soberme.ca)