



NewWay Health
LLC
Find Your New Way

ADOLESCENT Functional Living Groups



100% VIRTUAL
GROUP PROGRAM
SERVING KENTUCKY
YOUTH & YOUNG
ADULTS

✦ COMING SOON ✦

A structured virtual group program designed to help children, teens, and young adults build the skills they need to manage emotions, build confidence, improve relationships, and succeed in everyday life.

Real skills. Real support. Real change.

WE FOCUS ON FUNCTION, NOT JUST SYMPTOMS.

- ♥ Build coping and life skills
- ♥ Improve emotional regulation
- ♥ Strengthen relationships
- ♥ Increase confidence and independence
- ♥ Support school, work, and daily living success



FOUR AGE-BASED TRACKS



EXPLORERS TRACK

AGES 8-11

- Emotional awareness
- Coping skills
- Friendship & communication
- Routines & responsibility
- Problem-solving



MIDDLE SCHOOL TRACK

AGES 12-14

- Anxiety management
- Peer relationships
- Executive functioning
- School success
- Emotional regulation



HIGH SCHOOL TRACK

AGES 15-17

- Identity & self-esteem
- Healthy relationships
- Stress management
- Goal setting & planning
- Self-advocacy



YOUNG ADULT TRANSITION TRACK

AGES 18-21

- Independent living skills
- Employment readiness
- College & career success
- Budgeting & time management
- Community participation



Small groups. Big impact.

Interactive sessions led by licensed mental health professionals.



PROGRAM DETAILS



Groups meet 2-3 times per week



Each session is engaging, skill-building, and supportive



Confidential, safe, and judgment-free environment



Families receive support and resources

WHAT TO EXPECT



Engaging discussions & activities



Real-life skill practice



Positive peer connections



Support from caring professionals



Tools to use at home, school, and in life



WE'RE GAUGING INTEREST!

We want to bring this program to life for your family and our community.

Let us know you're interested!

Your interest helps us plan and launch groups that meet the needs of our youth.

