

All Ability Wellness

Healthy Relationships for Teens and Young Adults Ages 18+

This course equips teens and young adults with the tools and skills they need to make healthy choices and navigate life's challenges. Through gentle movement exercises, open discussions, engaging activities, and guided relaxation and mindfulness techniques, participants will gain self-awareness, the ability to self-regulate, build positive relationships, develop healthy coping mechanisms, and discover their strengths and talents. This empowering program is a journey of self-discovery for teens and young adults who want to take charge of their lives and live them to the fullest.



In this series of classes, students will acquire skills in:

- Self-awareness and self-acceptance: Understanding their strengths, weaknesses, and values.
- Positive relationships: Building healthy connections with peers and mentors.
- Coping with stress: Managing difficult emotions and situations constructively.
- Goal setting and planning: Setting achievable goals and taking action to achieve them.
- Discovering strengths and talents: Identifying and developing their unique abilities.

Laura Holland, M.S., LMT is a Health Educator, Wellness Specialist, and Licensed Massage Therapist who has worked in the wellness field for over 25 years. Laura is the owner of All Ability Wellness in Stony Brook, NY where she provides individual and small-group health education and sexuality education classes utilizing a variety of modalities and techniques including mind-body awareness, mindfulness training, Rhythmic Movement Training™, and Brain Gym™ Activities.



Rates

50-minute 1:1 class in office - \$100

50-minute 1:1 virtual class - \$100

50-minute 1:1 class in home - \$150-\$175

75-minute small group class - \$100

Virtual classes offered on ZOOM or FaceTime

Session length and frequency are determined based on individual client's needs.

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