

Life Coaching Services:

In-person, Virtual and Telephone Meetings Available

Certified Life Coach, NLP Practitioner

10+ years experience in the mental health field as a group leader to adolescents and working as a mentor with adults in various job settings. Specialty in teen and adult populations.

- Addiction and Sobriety Coaching
- Business, executive, and leadership coaching
- Career coaching
- Dating and relationship coaching
- Diet and fitness coaching
- Divorce coaching
- Family life coaching
- Financial coaching
- Health and wellness coaching
- Life skills coaching
- Mental health coaching
- Spirituality coaching
- LGBTQIQA+ Coaching
- Neurodivergence and ADHD coaching

Self-pay only with a reasonable fee schedule.

Paypal and most major credit cards are accepted through secure payment method. Check and cash payments accepted.

Individual Meeting: \$50 for 45 minute meeting.

Ask us about our introductory rates!

Disclaimer: Life Coaching is not a regulated service by PA Department of Health

Life Coaching Service May Include:

- Face to face, virtual or phone contact via scheduled appointments.
- Modeling positive behaviors
- Assisting in establishing, and achieving goals (educational, life, etc.)
- Identifying community resources and service coordination for individuals and their families.
- Developing linkages between youth, their families and/or other community connections
- Providing cultural, social, and recreational activities
- Providing assistance with employment, training, educational, health, housing, safety needs

Licensed Therapy Services:

13+ years experience in Mental Health Treatment and a specialty in Trauma, Substance Use Disorder, Relationships and Sexual Identity Development.

Current Insurances Accepted:

- Aetna commercial plans,
- Cigna commercial plans,
- Highmark commercial plans,
- UPMC commercial plans,
- United Health Care (Optum/UMR) commercial plans,

Ask about self pay options for the uninsured and out of network.

Mental Health Outpatient Services:

- Mental Health Intake
- In-person Individual Sessions
- Couple's Counseling
- LGBTQIQA+ Couples Counseling
- Trauma Counseling
- Hipaa Secure Virtual individual counseling

Daytime, Weekend and Evening Availability

Virtual Outpatient Groups:

(held weekly led in combination with our certified Life Coach)

Adolescent Outpatient Groups (14-17):

- Social Skills group
- LGBTQIQA+ Identity Development group
- Emotional Resiliency Gaming Group

Outpatient Groups(18 years +):

(Led in combination with our certified Life Coach)

- Role Play Gaming(RPG). Pick your character and face your battle.
- LGBTQIQA+ counseling and support group
- Mental Health and Substance Use Disorder Professionals Group
- Women's Group
- Religious Trauma Recovery Group

Specialty Services:

Licensure Supervision:

Available for practitioners working towards PA state licensure.

Mental Health Consulting and Education:

Business assessment, evaluation and employee satisfaction consulting.

Gender Orientation and Sexual Orientation Affirming and Inclusivity Consultation

Gender Orientation and Sexual Orientation Training and CEU

Emotional Support Animal Considerations:

Please contact our office regarding your concerns, and treatment options regarding looking for Emotional Support Animal considerations and resources.

Vending:

Interested in our group vending and sharing our services at your mental health, wellness or inclusive event? We'll be happy to share our services and mission of love and acceptance with your community!

Spiritual Services:

Universal Life Church Clergy available for personalized Wedding Ceremonies, Counseling, and more. Call 724-594-2122 for more information.

Reiki:

Reiki from multiple practitioners available by request.

Community Space:

Is your group looking for a safe and affirming community space? Please contact us for availability if your community service organization is looking for a place to host its meetings.

Currently Hosting:

Local Organization For Trans-folk (L.O.F.T)

pres.loft@gmail.com 724-568-6043

- Monthly Online and In Person Support Groups. *Therapist available upon request.*
- Trans Issues Best Practices Education and Consultation
- Trans Peer Advocates and Resource Coordination
- Self Defense and Empowerment Training Seminars

About Our Providers and Associates:

- MAT Friendly Mental Health Provider
- Cannabanoid Medication Friendly Provider
- LGBTQIQA+ Affirming Provider
- Trauma Informed Provider
- Substance Use Informed Provider

Wellness Items:

Please check out our wellness items for sale in our lobby (if the doors are open), or by appointment.



Legacy Wellness Solutions

144 North Jefferson Street, Kittanning PA
16201

724-300-3037

Fax: 724-571-4899

info@wwlws.com

www.wwlws.com

Hours by appointment only

Mission Statement:

To provide respectful and meaningful services to the consumers of Armstrong and surrounding counties. We provide services in a casual and inviting environment with emphasis on inclusivity of the LGBTQIQA+ community and programs.