

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, neurodivergence and ADHD, LGBTQIAQA+ career goals, various goal setting, and networking.

- 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
- Neurodivergent coaching
- Spirituality coaching
- LGBTQIAQA+ Coaching

Self-pay only with a reasonable fee schedule. Visa, Mastercard, Paypal and most major credit cards are accepted through secure payment method. Check and cash payments accepted.

Disclaimer: Life Coaching is not a regulated service by PA Department of Health, although our practitioner does their best to follow Department of Health recommendations and guidelines of other similar services.

Licensed Therapy Services

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

Current Insurances Accepted:

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

Self-pay options for those without insurance, or reasonable rates when discussed with needs based assessment of specific services.



Mental Health Outpatient Services

- Mental Health Intake
- In-person Individual Sessions
- Couple's Counseling
- Hippy Secure Virtual individual counseling

Weekend and Evening Availability

Virtual Outpatient Groups: Held Weekly

(Co-facilitated with our certified Life Coach)

Adolescent Outpatient Groups(14-17)

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

Outpatient Groups(18 years +)

(Co-facilitated with our Life Coach)

- In-person small groups including an 18+ Role Play Gaming(RPG). Pick your character and face your battle.
- LGBTQIAQA+ counseling and support group
- Mental Health and Substance Use Disorder Professionals Outpatient
- Women's Group

Specialty Services:

Licensure Supervision

Available for practitioners working towards PA state licensure.

Mental Health Consulting and Education

Business evaluation and employee satisfaction consulting.

LGBTQIA Affirming and Inclusivity Consultation

LGBTQIA+ Informed Training and CEU availability.

Emotional Support Animal Considerations

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

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)

Monthly Online and In Person Support Groups



Follow L.O.F.T on Facebook for Local Events

Therapist available upon request.

Looking for Queer Affirming Clergy?

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



144 North Jefferson Street, Apartment 1

Kittanning, PA 16201

www.WWLWS.com

Fax: 724-571-4899

For Therapy Services:

Call or Text: 724-300-3037

info@wwlws.com

For Life Coaching:

724-594-2122

info@wwlws.com

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 LGBTQIA+ community and programs.



@LEGACY_WELLNESS_SOLUTIONS