

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
- 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.

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, although our practioner does their

best to follow Department of Health recommendations and guidelines of other similar services.

Life Coaching Service May Include:

- Provide face to face, virtual or phone contact via scheduled appointments.
- Model positive behaviors
- Assist in establishing, and achieving goals (educational, life, etc.)
- Identify community resources and services for individuals and their families, and help coordinate community services for those in need.
- Develop linkages between youth, their families and/or other community connections
- Provide cultural, social, and recreational activities
- Provide assistance with employment, training, educational, health, housing, safety needs

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
- Hippa Secure Virtual individual counseling

Weekend and Evening Availability

Virtual Outpatient Groups: Held Weekly

(ran 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 +)

(ran in combination with our Life Coach)

- Post-Pandemic Adjustment Group
- In-person small groups including an 18+ Role Play Gaming(RPG). Pick your character and face your battle.
- LGBTQIQA+ 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.

LGBTQIQA Affirming and Inclusivity Consultation

LGBTQIQA+ 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.

Reiki Services by Reiki Master

25+ years practiced and trained in Usui Shiki Ryoho Reiki Method of Natural Healing, a technique meant to activate the natural healing processes of the recipient's body and restore physical and emotional well-being. Virtual and Remote Options Available.

For Interest in Reiki Please Call

724-472-8542

Call for rates

Disclaimer: Reiki is not a regulated service by the

Pennsylvania Department of Health

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



Therapist available upon request.

About Our Providers

MAT Friendly Mental Health Provider

Cannabanoid Medication Friendly Provider

LGBTQIQA+ Affirming Provider

Trauma Informed Provider

Substance Use Informed Provider

Looking for Queer Affirming Clergy?

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



LEGACY WELLNESS SOLUTIONS

A legacy you can trust.

144 North Jefferson Street, Kittanning PA
16201

www.LegacyWellnessSolutionsllc.com

Fax: 724-571-4899

For Therapy Services:

724-300-3037

info@legacywellnesssolutionsllc.com

For Life Coaching

724-594-2122

bria@legacywellnesssolutionsllc.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 or the LGBTQIQA+ community and programs.