

Wellness Coach & LGBTQ Advocate

In-person, Virtual and Telephone Meetings
Available

Certified Coach

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. Support, Referral and resource coordination to community partners as appropriate.

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: Wellness 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.

Licensed Therapy Services

LGBTQIAQA+ Culturally Competent Provider with 15+ 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, Ambetter PA Health and Wellness, commercial 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, Evaluation and Diagnosis. Medical, legal, substance usage, community resource coordination, support, and other community resource referrals as appropriate.
- In-person or virtual individual outpatient sessions
- Couple's Counseling
 - Family and Relationship Counseling

Emotional Support Animal Considerations

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

Outpatient and Support Groups

Call for details regarding upcoming outpatient groups or support group times and dates.

Weekend and Evening Availability

Specialty Services:

Licensure Supervision

Available for Licensed Professional Counselors, Licensed Social Workers, licensed Family and Marriage Therapist and mental health practitioners working towards PA state licensure.

Mental Health Consulting and Education

Business evaluation & LGBTQIQA Affirming and Inclusivity Consultation

LGBTQIQA+ Informed Cultural Competency Consultation and Training

Current Support Groups

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.



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 Wellness Coaching and Advocacy:

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 LGBTQIQA+ community and programs.

