



Adult Life Skills Group Therapy

Searching for a respectful and enjoyable group to help with the difficulties of adulthood?

Practitioners at AMS Wellness can help!

The Adult Life Skills group (ALSG) therapy is open to any young adults ages 19-26 who are seeking a non-judgmental community of similar-aged-peers to process life stressors and learn skills.

Schedule

Frequency: Weekly

Day: Tuesdays

Time: 3-4pm

Format: Hybrid (Virtual or In-person)

Next Steps

1. Email intake at intake@ams-wellness.com
2. Request ALSG therapy
3. Verify insurance benefits
4. Start services

Email us today!
intake@ams-wellness.com

Common Topics

- Anxiety
- Coping Skills
- Burnout and Recovery
- Executive functioning
- Processing life difficulties
- Preparing for job interviews
- Relationship building
- Interpersonal difficulties

Testimonials

- "I've found that the group is structured in an intuitive and easily digestible way. Questions directed at the group are almost always relevant, thought provoking and invoke self-reflection."
- "What I like is getting together with other individuals my age and talking about common issues we're all going through."
- "I enjoy the environment and relationship that has been cultivated within the group therapy sessions. Doesn't feel like I'm just talking to strangers, but people that I can relate to."


Insurance Accepted


 BCBS PPO, Aetna PPO, and Out of Pocket

Find Us

 <https://www.ams-wellness.com/>

 intake@ams-wellness.com

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