Life Skills Classes in Fredericksburg

Age Requirements 0-5 , 6-12 13-21 22-55 56-60 , 60+ Family No Self Refer Yes Psychological and Life Skills Associates, PC http://www.psychlife.net Main (703) 490-0336 601 Jefferson Davis Hwy, Suite 101 22401 VA **United States** Payment Method(s) Private Insurance Private Pay Languages Spoken English

Life-Skills Classes and retreats offered to adults and teens, children and parents. Classes teach emotional development, kindness, intimacy, living in balance, letting go and holding on, social skills, self-awareness and more. Some areas are:

Raise Your Self Esteem

Creativity, emotion and Intuition

Social Skills for Girls

Parenting Issues

Mind-Body Bridges

Meditation

Tai Chi

Empowerment: Self Defense Training

Ancient Approaches to Modern Health

Chronic Pain/Fibromyalgia

All contacts are kept strictly confidential.

Service Area(s) Fredericksburg City

Spotsylvania County

Stafford County