

## Life Skills Classes in Woodbridge

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Family

No

Intake Process

Call for information about Life Skills Classes

Self Refer

Yes

Psychological and Life Skills Associates, PC

<http://www.psychlife.net>

Main

(703) 490-0336

13885 Hedgewood Drive, # 245

22193 VA

United States

Monday: 6:30 am-9:30 pm

Tuesday: 6:30 am-9:30 pm

Wednesday: 6:30 am-9:30 pm

Thursday: 6:30 am-9:30 pm

Friday: 6:30 am-9:30 pm

Saturday: 8:00 am-3:00 pm

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Private Pay

,

Private Insurance

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)

Prince William County