

## **Life Skills Classes in Fredericksburg**

Age Requirements

0-5

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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

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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