





### THE POWER OF GROUP

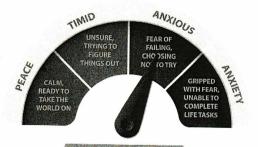
Getting together with people your own age, talking about stuff that really matters, hearing what others are dealing with and being able to relate. That's where the real growth happens and where you really find some answers.



## LEARNING RESILIENCE

In today's culture youth aren't naturally taught how to cope with reality anymore. Through mindfulness practices and teaching what goes on inside our brain, we learn how to take control of our thinking and manage emotions.

# WHEN SHOULD I GET HELP?



GET SOME ANSWERS

WWW.LIFELAUNCHCENTERS.COM

833-803-3883





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#### INTENSIVE

It's not just a buzz word, that means we meet 9 hours or more per week in group, individual, or family group sessions. Our intensive approach is the secret to how you get the help you're looking for quickly and effectively.



#### OUTPATIENT

Unlike residential treatment, you get to stay at home and practice the tools you learn at night with the ones you love most. You get to sleep in your own bed, and don't have to interrupt your regular daily schedule. Win, win win!!!



# YOU'RE PROBABLY ALREADY PAYING FOR TREATMENT

Most health insurances include an IOP benefit that is covered by your monthly premiums. We do a verification of benefits to see how we can help minimize any out-of-pocket costs to you.

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