

Healthcare Built on Trust - Not Gatekeeping

At Level Up Wellness Group, we operate on an Informed Consent model. We know you are the expert on your own identity. Our job is simply to provide the safe medical care and emotional support to help you get to where you want to be.

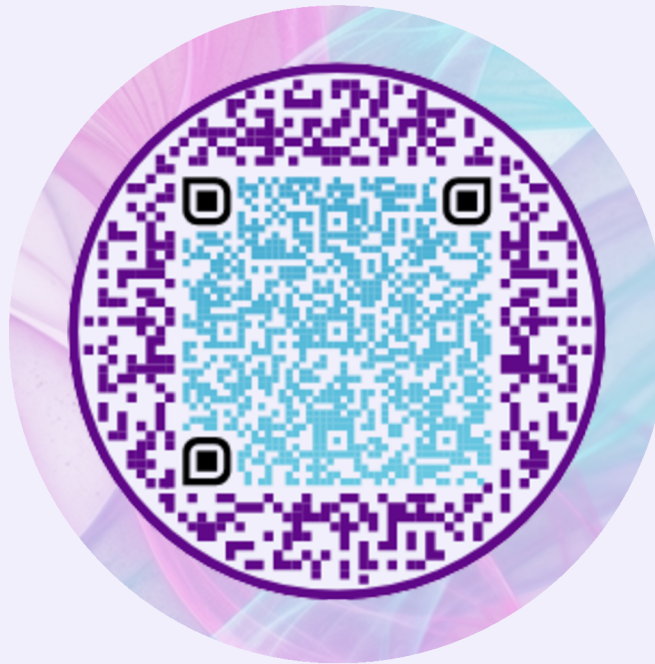
"We don't make you prove who you are. We help you become who you are."

Your **chosen name** and **pronouns** are fiercely respected here. Legal names are only used where required for labs or insurance.

Take the Next Step

You don't need to have it all figured out to reach out. Book a complimentary, low-pressure virtual consultation to meet Terry.

Scan the code below to view Terry's availability and book your consultation!



780-886-4345
clientrelations@luwg.ca
www.luwg.ca
5021A 52 Ave Beaumont, AB

Gender-Affirming Hormone Therapy



Your Journey. Your Terms.

Comprehensive, respectful gender-affirming hormone therapy and mental health support.



5021A 52 Ave Beaumont, AB

Medical Transition with Allie



Allie Kusnierczyk is a Primary Health Care Nurse Practitioner with special interests in hormone health, mental health, and gender-affirming care. A proud ally to the LGBTQIA+ community, she is committed to creating a safe, welcoming space for everyone. Having close family and friends within the community makes this work deeply meaningful to her, and she is passionate about helping patients feel heard, respected, and supported.

Services and Approach:

- Gender-affirming hormone therapy (GAHT/HRT) for adults **(18+)** in a supportive, inclusive, and judgment-free environment.
- Comprehensive lab work oversight focused on your overall well-being.
- Navigating adult surgical referrals and completing medical paperwork.
- Collaborative, safe, and medically grounded care.

Individuals under 18 are encouraged to access specialized pediatric gender services to ensure they receive age-appropriate, multidisciplinary support.

Mental Health Care with Terry



Terry J. Stroud is a Canadian Certified Counsellor who brings a wealth of diverse life experience and deep empathy to their practice. Passionately dedicated to culturally responsive care for the 2SLGBTQIA+ community. Terry specializes in helping individuals navigate complex life transitions, anxiety, depression, and religious trauma. Drawing on humanistic therapies and tools like Internal Family Systems (IFS), they provide a grounded approach tailored to each client's specific needs, helping you heal internal conflicts, regain a sense of purpose, and find peace on your unique journey.

Services and Approach:

- A safe, confidential space to explore gender identity and expression for youth and adults **(13+)**.
- Navigating the emotional side of transition, coming out, and relationships.
- Writing readiness assessments and support letters for surgeries or legal marker changes.
- Grounding, empathetic, and validating support.

A Unified Team For You

Because Allie and Terry work together, you don't have to repeat your story to multiple providers. Your physical and emotional well-being are cared for in tandem.

Insurance and Coverage

Nurse Practitioner services may be covered by your private insurance plans.

Canadian Certified Counsellor services are widely covered by extended health benefits.

What to Expect - Booking with Allie

Initial Consultation: A thorough evaluation of your symptoms, goals, and medical history.

Personalized Plan: A customized approach, including hormone therapy (if appropriate), mental health support, and dietary guidance.

Ongoing Care: Regular check-ins and adjustments to ensure optimal health and wellness.

Cost: \$500 for initial appointment, \$250 for follow up appointments.

At this time, all Hormone Health services are conducted virtually via secure video conference.

What to Expect - Booking with Terry

Meet and Greet: To ensure you feel Terry is the best fit for you, they offer a complimentary 20-minute virtual "Meet & Greet."

Ongoing Care: Terry offers 50 and 80 minute in person or virtual appointments for ongoing therapeutic support.

Cost: \$165/50 minute session and \$247.50/80 minute session.