

# About Us

Level Up Wellness Group is your partner in comprehensive care. We are a versatile, team-based wellness clinic serving all ages with a commitment to personalized, holistic health. Our multidisciplinary team offers a wide range of services, ensuring you receive the integrated support you need

- **Flexible Care:** Choose between face-to-face and online sessions.
- **Convenient Hours:** We are open 7 days a week.
- **Accessible Wellness:** Third-party financing options are available.

**Free 20 min free virtual meet & greet**

# Why Choose Us?

We see you as our partner in care. You are more than a diagnosis to us; you are a unique individual. We take the time to listen, understand your story, and empower you with the knowledge and tools you need to thrive. Your goals are our goals, and we are committed to supporting you every step of the way. Your well-being is our priority. Choose Level Up Wellness for a truly supportive and integrated approach to health.



# Level Up Wellness Group



5021A 52 Ave Beaumont, AB



[clientrelations@luwg.ca](mailto:clientrelations@luwg.ca)



780-886-4345

# Core Services

## Psychological Services:

- **Assessments:** Psychoeducational, ADHD, Autism, Clinical, Vocational
- **Therapy:** Individual (Child, Youth, Adult), Couples, Family & Group
- **Specialized Support:** Separation/Divorce & Sport Performance

## Nurse Practitioner Services (Functional Medicine):

- Assessment, diagnosis, and treatment.
- Hormone health, sexual wellness, and psychiatric care (ADHD, OCD, Anxiety).
- Women's health and 2SLGBTQIA+ affirming services.
- **Chronic Conditions:** Ongoing management and support.

## Occupational Therapy:

- Sensory integration + motor skills development
- School, home, and functional life skills support
- Autism, trauma, anxiety, and behaviour regulation

## Dietitian Services:

- Coming soon

## Speech & Language Pathologist:

- Coming soon

# Specialized Services

## Neurodiversity & Brain-Based Care:

- OCD & Related Disorders – Specialized assessment + ERP treatment
- Autism (ASD) – Gold-standard assessments & supports
- ADHD assessment & treatment
- PANS/PANDAS – Integrated medical & psychological care

## Trauma & Emotional Healing:

- PTSD & Trauma Therapy – EMDR, CBT & body-based modalities
- Religious Trauma
- Substance Use & Addictions

## Couples & Partner Counselling:

- Sex & Intimacy Support
- ENM Support
- Relationship Support

## Forensic Psychology:

- Support for families & individuals in conflict, legal concerns, or navigating authority systems.

## Children, Youth & Families:

- Play Therapy & Theraplay – Emotional expression through play
- Art Therapy – Expressive therapy for all ages

# Beginning Your Journey With Us: What to Expect

**We make starting your wellness journey clear and comfortable.**

## 1. Initial Call:

First, you'll speak with our Client Relations Team who will listen to your needs and match you with the right professional.

## 2. Online Forms:

Before your visit, you'll complete confidential paperwork through our secure portal to save time.

## 3. First Session:

Your appointment is a safe, collaborative conversation focused on understanding your goals.

## 4. A Clear Plan:

Together with your practitioner, you will create a road map for your next steps. Your privacy is protected every step of the way.