

FAQs

Enhanced Outpatient Programming

For clients who are in need of a higher level of care we now offer an enhanced outpatient program that covers all facets of wellness for overall healthy living. This is a six week intensive program that entails a total of seven hours of group counseling and individual counseling per week.

How do I get started?

Please call the A Journey to You office at 814-325-0280 to register.

Is the E.O.P online or telehealth?

Our E.O.P is going to meet in person at the A Journey to You Office located at 1200 W. College Ave, State college, PA 16801

Will my insurance cover this program?

This depends on your insurance plan and coverage for behavioral health services. However, we are finding most insurances will cover this service



Who We Are

We aim to provide the environment you need to feel comfort and care as you walk your walk to a journey of wellness and healing. Come visit and take a look for yourself. We take away the stigma and provide you with the hospitality and care you have been looking for. We are honored to be a part of each and every journey.

Mission Statement

We are committed to helping you help yourself. You are the only person who has the power to change, the power to do something different, the power to unchain yourself from the past, the power to succeed, and the power to be the best you can be for yourself.

This is your journey. You are in the driver's seat, and we will help navigate by providing the tools. These tools will not just be given to you. We will teach you how to effectively use them in your life experiences to meet your goals.

We demystify the process of therapeutic intervention by showing you how it works so you can be on your way to optimal emotional growth, maturity, and contentment. Your sense of self-worth will increase, allowing you to strive for more. The journey is one we will be on with you until you can soar alone. This is the journey to you.

Visit Us

A Journey to You, LLC
1200 West College Ave
State College, PA 16801



Contact Us

814-325-0280

reception@ajourneytoyou.com

www.ajourneytoyou.com

Facebook: A Journey to You, LLC

Instagram: @ajourneytoyou1

Tiktok: @ajourneytoyou4



Enhanced Mental Health Outpatient Program



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