

outside → in



Experiential Personal Growth

Are you 13-18 years old?

- Does life feel hard sometimes?
- Is there something you wish you could change about yourself?
- Maybe you've experienced Anxiety, Depression, Self Harm, or Social Challenges
- Would you like to have fun, learn skills, and relate to other great people your age as you work on changing yourself and your life?

This group will help you set and achieve personal goals by getting you outside, bringing you adventure, personal and group challenges, and teaching you mental, emotional, and physical skills you can use to improve your life.

We help you achieve your individual goals as well as

- Increase Self Confidence and Self Esteem
- Improve Your Mood, Relationship, Communication, and Social Skills
- Learn Mindfulness, Distress Tolerance, Self Regulation
- Develop basic outdoor skills

Chuck Hancock, M.Ed., LPC is a Licensed Professional Counselor with experience counseling and leading groups for teens, college students, and adults. Chuck has worked in private practice, Colorado State University, Front Range Community College, the Larimer Workforce Center, Outward Bound, and UC Health. His style is direct, honest, caring, and playful - preferring to help people see themselves and see for themselves. Chuck also has training as a Wilderness First Responder (WFR) and has facilitated Challenge (Ropes) Courses and has the skills to manage risk and maximize growth. In addition to his professional experience, he is a father of two kids and a puppy, and loves camping, trail running, kayaking, mountain biking, snowboarding, snowshoeing, meditation, yoga, singing, and playing guitar.

Marshall Alexander Kowal, M.A., LPCC, NREMT is a Licensed Behavioral Health Specialist with Poudre Valley Hospital and a Nationally Registered Emergency Medical Technician active with the UC Health Emergency Medical Services (EMS). Marshall also works as a Wildland Firefighter with Larimer County Sheriff's Office and was a Firefighter/EMT in Boulder County. He has professional counseling experience with adolescent, adult, couple and family and groups and familiarity in both outpatient and inpatient counseling settings. He has a love for marathon running, hiking, camping, yoga, snowboarding, mountain biking, snowshoeing and guitar.

Contact us today to learn how we can help!

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