

# Our Current Programs

Chat with a VTeam member for more details or for a special offer coupon code!



	<p><b>Self-Love 101</b></p> <p>Discover your authentic self - body, mind, heart, soul, spirit - and learn how to enhance your relationships with yourself and others!</p>
	<p><b>A New You with Vicky Alercia</b></p> <p>Find true freedom and become the Healthiest Version of Yourself After Leaving Narcissistic Abuse.</p>
	<p><b>Group Therapy</b></p> <p>Improve confidence, increase trust, enhance relationships, and strengthen skills in managing symptoms of stress, anxiety, and depression.</p>
	<p><b>Refreshing You</b></p> <p>Boost your energy and confidence to empower you and your team to Know your Worth, Level UP!, and Make More Money!</p>
<p><b>MENTAL HEALTH</b></p>  <p><b>TUNE-UP</b></p>	<p><b>Mental Health Tune-Up</b></p> <p>Don't wait until something is broken to attend to your mental health and wellness. Love yourself MORE today!</p>
	<p><b>Dream Date Program</b></p> <p>Recharge your romance! Improve your connection and rediscover the love you desire.</p>