



INDEPENDENCE INCORPORATED
Rehab & Return to Work Consulting Services Inc.
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is proudly offered by
PGAP

PGAP helps you by

- recognizing your emotional barriers to rehabilitation progress
- helping you to establish schedules and routines
- encouraging you to set active goals so you can get back to the things you love

Have you reached a plateau in your efforts to return to work?

PGAP is a systematic approach to gaining control of your time and improving your confidence.

PGAP

Progressive Goal Attainment Program

mental health, confidence, getting back to the life you want

offered by **INDEPENDENCE INCORPORATED**



PGAP

What will you do in PGAP?

- Meet weekly with a certified PGAP clinician for up to 10 weeks
- Use your time with the clinician to set and achieve to gain control of your time and your life
- Experience satisfaction by working through a personal workbook that you can keep as a future reference

PGAP

How do I get involved in PGAP?

- Contact Independence Incorporated to talk with a PGAP clinician about your situation
- We will start by discussing the program, your goals, and potential funding options.
- Make a commitment to your healthy and active future!



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