

(877) 318-7273



AN EDUCATION IN INDEPENDENCE

Foundations Asheville is a community designed for young adults ready to build their future with confidence.

We view growth as more than an idea or a goal. It's an experience. Our program helps clarify life direction, immerses you in experiences that fit your strengths, builds the skills needed to find your path.



All of this happens in a vibrant mountain town, surrounded by supportive advisers and an inclusive collective of young adults. Whether you're stepping into independence or guiding a loved one toward it, Foundations offers a path forward

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CAREER & ACADEMIC GROWTH

Students collaborate with master's-level educators and career counselors to define their path, choosing their own blend of curriculum across academics, internships, and workforce experiences. Along the way, our multidisciplinary team teaches the skills needed to pursue and succeed in each curated opportunity.

Learn More →

WHO WE SERVE

Foundations serves kind, inclusive young adults typically in the 18–25 age range navigating the transition to independence.

Many arrive with high potential but face challenges that shrink their world, such as anxiety, depression, low motivation, social isolation, executive-function delays, academic interruptions, or lack of direction.

With a relational, strengths-based approach, our team of clinicians, educators, and mentors helps them build a comprehensive toolbox of skills for an independent life.

Learn More →

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Foundations Asheville!

Admissions

* All fields are required.

Guardian First Name*

Guardian Last Name*

Guardian Email*

Guardian Phone Number*

State / Province / Region*

Select ▼

City*

Street*

Zip Code*

Preferred Contact Method*

Select ▼

How do you plan to pay for treatment?*

Select ▼

Prospective Resident Information

First Name*

Last Name*

Prospective Resident's Age*

Primary Concerns*

Select 

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What prompted you to reach out today?

How did you hear about us?*

Select 

Submit

general Questions



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How Neurodivergent Affirming Care Increases Outcomes for all Foundations Students

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Foundations Asheville is a young adult transition community. The program serves young men and young women ages 18-25, who are looking to acquire the tools to make the transition from adolescence to adulthood.

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