

Did You Know?

- *Group counseling was established over 100 years ago
- *Group counseling is an effective, and sometimes a preferred, treatment option for many concerns
- *It is common to participate in both individual and group counseling services simultaneously
- *Interpersonal success in group can lead to increased interpersonal success outside of group

How Can You Benefit from Group Counseling?

- *Get support from experienced group psychotherapists and peers
- *Learn new coping skills & methods to reduce anxiety
- *Gain different perspectives/ideas to increase self-awareness and relationship awareness
- *Improve sense of hope and reduce despair
- *Enhance ability to give and receive feedback in a supportive setting

What to Expect from Group?

- *Guidance & support
- *Confidentiality ~ all group members will sign a confidentiality agreement prior to joining the group
- *Some anxiety ~ this is common, and we recommend regular attendance and commitment to gain the maximum support and benefit of group counseling
- *Intimacy ~ groups are small in size to increase comfort level and group cohesion



All groups are conducted on a secure telehealth platform at this time due to the covid19 pandemic.