

WHAT IS GROUP COUNSELING?

Group counseling involves a small number of people meeting regularly with a trained therapist. It is effective in dealing with a wide variety of issues, such as depression, anxiety, feelings of isolation, and general life difficulties. You will explore your thoughts and feelings in a safe and reflective environment. The central objective of Group Counseling is to help you learn more about yourself and improve your relationships and general quality of life. The group not only provides emotional support for each other, but the process also aids in identifying new ways of thinking and new behaviors that can help improve your overall mental health.

HOW TO ENROLL IN A PARTICULAR GROUP

Call or send an email with your name, your phone number, and the name and location of the group you wish to attend. I will contact you to schedule a brief consultation to ascertain if the group is a good fit for you. Group size varies depending on the topic, generally 6 - 12 individuals.

Please Call For A Current List Of Groups