

**Solutions for:[] []**

**Services:**

Groups

Multiple-session support groups and group therapy  
Single-session group workshops

Group Therapy:

Clients who struggle with isolation, lack of social support, and interpersonal problems can benefit from Group Therapy not only by getting support, understanding and learning healthy communication and appropriate boundaries but they can also experience the feeling of belonging and the sense of being a valued part of a healthy family that many of us have never experienced. That experience can help develop trust, overcome social anxiety, and deepen the capability to relate and communicate on a more satisfying level.