

Group Counseling

New Group Schedules

Group Counseling is a great way to have consistency in your personal growth, meet new people and gain new tools.

Group's will be \$40pp vs \$120 for an individual session making it more affordable to remain consistent with your mental health needs and goals.

Couples group will cost \$60 for the couple, still half the price of an an individual session.

Insurance will not be accepted for group therapy. Cash only.

Creative Conversations Group Therapy

Monday's

4-5pm

Co-Occurring Disorders Group Therapy

Co-Ed

Addressing substance abuse and mental health in one group.

You can expect a safe place to learn and share coping skills, processing and psychoeducation

Tuesday's

12-1pm

Anxiety Group

Co-Ed

Struggle with anxiety and want to learn new coping skills in a supportive group setting? This is perfect for you.

Get ready for stress reduction techniques, guided meditation, worksheets, processing and tips/tricks to help you gain more control and success over your anxious thoughts and feelings!

Thursday's

12-1 pm

Women's Mental Health Group

This is a women's only group focused on mental health, social support, stress reduction, process oriented with special focus on women's body's and unique experiences.

Tuesdays's

5:30-7pm

Couples Group Counseling

This is a great way to connect with other couples while learning new strategies for relationships in a cost effective and consistent way. Having group every week, along with tasks to complete, making time to connect each week and share your ups downs and all arounds in a supportive learning enviroment.