Group Therapy

Why Group Therapy?

- Death of a loved one
- Marital problems
- Family issues
- Loss of a job
- Social anxiety
- Depression
- Stress
- Burnout
- Substance abuse/Addiction
- Major life transitions
- Breakup or divorce
- Child behavioral problems

What is Covered in Group Therapy?

- Health and wellness
- Personal control
- Relationships
- Values and beliefs
- Safety planning
- Mental health systems
- Chemical dependency

Positive Psychology Program
YOUR ONE-STOP POSITIVE PSYCHOLOGY RESOURCE