

Support Group Therapy

- Help for those who would benefit with some assistance in daily living and building and maintaining healthy relationship but are not drawn to or find it difficult to afford the cost of individual therapy
- After several weeks of open enrollment, the group will be a closed. Format and content will then be adapted to the needs/issues/interests of the participants. Emphasis will be upon faithful attendance, maintaining confidentiality, creating a safe environment to share differing feelings/values/perspectives, and increasing participants' repertory for dealing with issues in their life without diagnosis or trying to "cure" or "fix."