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Adult Personal Growth Group focusing on life after recovery

Are you struggling with some type of addiction or toxic relationship? This group is designed to create a safe space for individuals to find healing and wholeness. Founded in Cognitive Behavioral Therapy and Dialectical Behavior Therapy principles and skills taught, individuals can also learn practical tools to begin or continue shifting their behavior to a more healthy and functional place.

Teens Personal Growth Group

Tweens/Teens Personal Growth Groups are regularly created/designed based on client needs. Groups offer a powerful setting for transformation with benefits not available through individual therapy. Groups also offer a more financially accessible option for quality psychotherapy.

Kids Social Communication Group

Kids learn about social attention while developing awareness of general expected/unexpected behaviors. Being able to socially attend to and interpret the social situation is the jumping off point for co-existing and interacting with others. Kids learn about being a Social Detective to observe and think about the who, what, where, and why in social situations; Develop an expanded awareness of their own thinking, social expectations and social behaviors; Learn how their own thoughts, feelings, and behaviors affect others and in turn, themselves; Learn strategies to develop better social self-regulation across situations at home, in the community, and at school!

Contact me today to learn more!