

Group Counseling Opportunities

Fall 2021

Please click the name of each group to view further information.

Brave Art

A creative expression and empowerment group | led by Mary Hamilla

Alter Anxiety

A group designed to tackle various forms of anxiety | led by Nathan Altman

Good Grief

A group focused on grief and loss | led by Jane Owen

HOW TO DO THE WORK

A bibliotherapy group about how to get the most out of counseling | led by Chaley Knight

Growth Group

A therapy group for those who want to change and grow | led by Nathan Altman

RISE ABOVE

A group for survivors of sexual trauma, sexual assault, or incest | led by Mary Hamilla

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