

Adult Interpersonal Group Therapy



Pathways to Connections

This group is for individuals who want to understand and improve the quality of the relationships in their lives. We will use our interactions with each other to explore interpersonal patterns that interfere with intimacy and connection with others and learn new ways of relating that deepen and strengthen the relationship with oneself and others. In an environment of safety, trust, honesty and open communication, group members will have the opportunity to examine their style of relating to others. They will learn to live in full, open, honest relationships, experience emotional and social support and learn from others regarding ways to handle interpersonal challenges.

This is a closed group, limited to 10 members and meets every other week for two hours. The group will run for approx. 20 sessions per a therapy season.

When: Ongoing / Mid - September - Mid June

Biweekly on Tuesday and Wednesday Evenings

Where: Pathways to Connections -
Online

Time: 600pm - 730pm

Fee: \$90 tax included per session

\$90 (ax included per individual assessment and group preparation session (one time fee))

Contact: Amber Sager, Registered Psychotherapist /
Group Facilitator
AmberSager@ProtonMail.com
(647) 939-6006

<https://www.sage-psychotherapy.com/group-therapy>

Free initial consultations starting now.