

Ongoing Psychotherapy Group Old Town Lafayette, Adults 21+



Ongoing Psychotherapy Group

Facilitated by Heather Bair M.A., Psychotherapist
HealingBearWellnessLLC.com

This group is for people of all genders looking to explore how they communicate, how they relate to others, and who desire authentic connection.

Although group members offer support this is not a support group. This is a process-oriented group, where members are in charge of the sessions.

Great group therapy resources: The Theory and Practice of Group Psychotherapy by Yalom & The Group Therapy Experience by Ormont

- ▶ \$40 per 1.5hr session
- ▶ Call or email for free consultation
- ▶ Bairheatherm@gmail.com
- ▶ No previous group experience necessary

When: Group Starts February 2020

Where: 308 E. Simpson Street, Suite 100
Lafayette, CO 80026

Time: Thursdays, 5:30pm-7:00pm weekly

Other: Limited to 6 participants, initial 8 week commitment. Closed group until week 8 when new members may join.

512-740-4621