

EXPRESSIVE THERAPY GROUP FOR YOUNG ADULTS



This group experience is offered to women who are dealing with anxiety, depression, unhealthy eating patterns, self-esteem, self-regulation and relationship issues. It will offer a safe and supportive environment to explore a variety of emotional, developmental, and social issues facing young woman. This group is particularly useful for those individuals in transition who would benefit from a wider base of support. Experiential techniques are used to deepen and enhance the work of the group.

The group is limited to seven participants.

Begins in September

Location: 4910 Massachusetts Avenue NW, Suite 306
Washington, DC 20016

New group members are requested to schedule an intake appointment prior to beginning the group.

