

NOW OFFERING
THERAPEUTIC SUPPORT GROUPS



After Care Support Group

(adults 18+)

Led by Sheri Tiziani, MS, LCMHCS

Wednesdays 5:30 - 6:45pm

The After Care Group is an opportunity for individuals who have already completed some type of mental health treatment to receive ongoing support. This group allows participants to process generally and receive and provide support, as well as review psychoeducational topics related to relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem. Self-reflection is encouraged as a way to provide insight into patterns contributing to both mental health struggles and wellness.



Men's Support Group

(adults 18+)

Led by Andrew Harris, MS, LCMHC

Mondays 5:30 - 6:45pm

Men often do not seek mental health treatment because of the additional stigma which can lead to avoidance, anger, isolation and substance abuse. This group provides a safe space for men to communicate and receive support through general processing. Psychoeducational topics include relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem.

**To inquire, please call HopeWay Psychiatry
& Associates at 980-859-0990.**

Cost per session \$50