



We're now enrolling for small group sessions led by a Licensed Clinical Social Worker. If you're interested in joining a group, reach out to our office to get started!

Cost: \$25 each session or  
\$100 for package of 5 sessions

Insurance benefits may apply.

Schedule an Intake Session for us to better understand your needs and match you with the right support.

**DON'T WORRY.  
EVERYONE ELSE IS MORE  
WORRIED ABOUT WHAT  
YOU WILL THINK THEM  
ABOUT TOO.**

Contact us for more information

📞 561-461-0113

✉️ [contact@coastaltherapywellness.com](mailto:contact@coastaltherapywellness.com)

🌐 [www.coastaltherapywellness.com](http://www.coastaltherapywellness.com)

📍 4595 Northlake Blvd, Suite 109  
Palm Beach Gardens, FL 33418



**coastal therapy & wellness**

**GROUPS FOR BUILDING SUPPORTIVE  
CONNECTION & SKILLS TO FEEL MORE LIKE  
YOUR AUTHENTIC SELF.**

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**Turning Tides: Teen Support Circle**

For autistic teens looking to explore emotions, build confidence, and connect with peers in a supportive space.

**\*Meets: Thursdays at 5:00 PM**

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**Returning to Shore: Back to School Support**

Summer ending & the New School Year Beginning brings waves of pressure, expectations, and uncertainty. Returning to Shore offers teens a supportive space to talk through worries & set intentions for the year ahead.

**\*Meets: Thursdays at 3:30 PM**

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**Anchored Minds: Adults Support Circle**

For autistic adults seeking support with mental health, making connections with others, and learning coping skills for emotional well-being.

**\*Meets: Thursdays at 2:00 PM**

**Age: 18+**

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**Waves of Worry & Wellness**

A skills-based group to learn practical strategies for managing the waves of everyday unexpected challenges. It's about progress not perfection.

**\*Meets: Thursdays at 12:00 PM**

**Age: 18+**

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\*Dates and times are tentative and may change based on enrollment.



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## coastal therapy & wellness

### GROUPS FOR BUILDING SUPPORTIVE CONNECTION & SKILLS TO FEEL MORE LIKE YOUR AUTHENTIC SELF.

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#### **The Sandbar: Mental Health Book Club**

An open and engaging group where we dive into books that inspire reflection, healing, and discussion. No pressure to have all the answers, just a shared space to grow together.

**\*Meets: Thursdays at 10:00 AM**

**Age: 18+**

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#### **Uncharted Waters: Grief & Loss**

A place to explore the cycle of grief in all its forms. A place to be with others who are also navigating the unknowns at your own pace and in your own way.

**\*Meets: Wednesdays at 5:00 PM**

**Age: 18+**

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#### **Shipwrecked: Chronic Illness Support**

Your body feels like a sinking ship and life consists of just trying to stay afloat. Meet and share with others who truly know the depths of learning to live a quality life despite your body betraying you.

**\*Meets: Morning-ish. Day TBD**

**Age: 18+**

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#### **Lighthouse Landing: Seeking Safety Group**

A group to help individuals with trauma and/or substance use disorders achieve stability and safety in relationships, thoughts, actions, and emotions.

**\*Meets: TBD**

**\*Groups will be gender specific**

**Age: 18+**

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\*Dates and times are tentative and may change based on enrollment.