



FALL GROUP THERAPY SESSIONS

AAPI: The Art of Healing

- September 16, 23, 30 | October 7, 14, 21, 28 | November 4, 11, 18
- Thursdays, 7:00 p.m. – 8:30 p.m.

[Click Here to Register](#)

AAPI: The Art of Healing will provide a safe and supportive environment for young adults of Asian American and Pacific Islander descent, ages 18 – 35 to learn and process racial trauma, along with the physiological responses that occur when experiencing triggers or racially charged events. They will learn grounding techniques by engaging in mindfulness through art and play. Each session will also provide an outlet for participants to check-in and share their own experiences of racial trauma.

Class Highlights

- Systemic racism
- Model minority theory
- Transgenerational & historical trauma
- Trauma responses
- Mental health stigmas
- Self-care practices
- Termination/closing



Cost

- \$50 (\$400) / \$45 (\$360) – 2 Free Sessions + 8 Paid Sessions
- First Payment Due: September 16th - \$200 | Second Payment Due: September 26th - \$200
- Last Day to Pay Full Class and Receive Discount: September 16th - \$360

Well-Play Counseling & Wellbeing Center



FALL GROUP THERAPY SESSIONS

Black Girls Matter

- September 16, 23, 30 | October 7, 14, 21, 28 | November 4, 11, 18
- Thursdays, 6:30 p.m. – 8:00 p.m.

[Click Here to Register](#)

Black Girls Matter is designed to empower and liberate young black girls by exploring and expanding their understanding of self-esteem and self-love. The ten-session series will incorporate the principles of Narrative Therapy and a few cognitive-behavioral techniques that connect to a Black girl's core beliefs systems. Young girls will learn to explore and express their feelings within a group setting to foster emotional intelligence and confidence

Class Highlights

- Identify interests and honor what brings you joy
- Connect with peers
- Build self-esteem and self-love
- Explore anxiety and depression experiences
- Create your own "Coping Toolbox"



Cost

- \$50 (\$500) / \$45 (\$450) – 10 Sessions
- First Payment Due: August 30th - \$250 | Second Payment Due: September 14th - \$250
- Last Day to Pay Full Class and Receive Discount: August 30th - \$450

Well-Play Counseling & Wellbeing Center



FALL GROUP THERAPY SESSIONS

Parenting Your Way

- September 22, 29 | October 6, 13, 20, 27 | November 3, 10
- Wednesdays, 7:00 p.m. – 8:30pm

[Click Here to Register](#)

Are you a single individual who is tired of waiting for the “right partner” to start your family? Are you currently going through the process of artificial insemination (ICI or IUI); in-vitro fertilization or using a surrogate or adoption and/or fostering? Well, if you answered “YES” to any of these questions, then this is the group for you. Parenting Your Way is a group designed for individuals who have decided to start their family un-partnered. Going through this process can be exciting, stressful, and isolating. So this group will be a supportive outlet for like-minded individuals on their journey to parenthood. Participants will also receive resources and knowledge from a number of relevant topics.

Class Highlights

- Explore options for parenthood without a partner
- Share your journey
- Explore your feelings
- Connect with others in your community

Cost

- \$50 (\$400) / \$45 (\$360) – 8 Sessions
- First Payment Due: September 7th - \$200 | Second Payment Due: September 20th - \$200
- Last Day to Pay Full Class and Receive Discount: September 7th - \$360



Well-Play Counseling & Wellbeing Center



FALL GROUP THERAPY SESSIONS

Healing After Loss

- September 23, 30 | October 7, 14, 21, 28 | November 4, 11
- Thursdays, 7:00 p.m. – 8:30 p.m.

[Click Here to Register](#)

Healing After Loss is a six-week virtual pregnancy loss support group for women who have experienced miscarriage, stillbirth, infant death, and or medical complications – offering a space so you don't have to be alone. This group will provide an avenue for healing while assisting bereaved mothers to find support as well as resources to navigate through the pain of loss. The loss of a baby can be an isolating experience and this group will help you to move out of isolation and into a healthier space, physically and emotionally.

Class Highlights

- Normalization of the grieving process
- Identifying your feelings
- Social support
- Develop coping strategies
- Community resources

Cost

- \$50 (\$400) / \$45 (\$360) –8 Sessions
- First Payment Due: September 7th - \$200 | Second Payment Due: September 21st - \$200
- Last Day to Pay Full Class and Receive Discount: September 7th - \$360

