

SOUTH SHORE THERAPY GROUPS

Youth ages 14-26 who are enrolled in any of Lawrence Hall's South Shore programs are eligible for therapy groups. All groups are virtual and last eight weeks, and registration is required.

TRAUMA

Mondays at 5pm

Do you know what trauma actually is? Have you experienced any trauma in your life? If so, how did you cope? This group is great for processing trauma in our past and learning how to positively work through the traumatic experiences.

MINDFULNESS

Tuesdays at 5pm

Mindfulness is a mental state achieved by focusing on awareness of the present moment through attention to thoughts, feelings, and body sensations. This group helps you understand how to be "in the moment," adapt a mindful thinking style, and incorporate these skills into everyday life.

GRIEF & LOSS

Wednesdays at 5pm

Have you experienced losing a special person in your life? Did you give yourself the time to process the grief experienced by this loss? In this group, we learn about the grief and loss cycle, develop coping skills, and listen to the stories of others.

HEALTHY RELATIONSHIPS

Thursdays at 6pm

How important are your relationships with partners, family, and friends? Do you struggle with communication, boundaries, and trust? If so, this group allows you to learn about healthy relationships and how to manage the connections in your life.

WANT TO REGISTER?

CONTACT:

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