

Benefits of Counseling Care in Group Settings

Groups help us make connections that we can't always make alone, sometimes providing us increased self-awareness and perspective.



Groups gently challenge us to rejoin or reimagine what community looks like as we heal and grow.



Groups offer space for relational skill-building in a facilitated context where we have access to support and resources.



Groups remind us that we are unique, yet alike. While our circumstances differ, we often struggle with similar thoughts and feelings in response.



Groups guard us against isolation and silence in our suffering by inviting us to give and receive care from one another.

