

Relationship Improvement Group Therapy: Affordable & Effective Growth



Learn how to improve your relationships in a supportive environment. The group is open to both single people and those currently in romantic relationships.

What Can Group Therapy Do For Me?

- Give you real world feedback from people struggling with issues just like yours.
- Help you understand yourself better by seeing how you relate to others.
- Provide a sense of acceptance and belonging.
- Learn conflict resolution and boundary setting in a safe environment.

When?

Each Monday, starting at 7 PM. Sessions are 90-minutes long. The group is ongoing and members are requested to commit to attending a minimum of three months.

Where?

17752 Sky Park Circle, Suite 260, Irvine, CA 90740

Fee

The fee is \$50 per week.

How Do I Find Out More?

You can learn more at <http://OrangeCountyCounseling.com/group>. I ask all new members to attend an initial 30-minute one-on-one session before beginning the group. This gives you an opportunity to learn more and to get answers to any questions you may have. The fee for this session is \$30.

The group is limited to 10 members. Please sign-up today.

Call Mark Pines at (949) 288-3123 or visit OrangeCountyCounseling.com/group.

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