



SPECIALIZED GROUP SESSIONS

To sign-up for a Specialized Group, please call 909-303-2525

SPECIALIZED GROUPS TO MEET YOUR SPECIFIC NEEDS

*Please note that ALL services are currently being offered through Zoom

Groups ranging from 6-9 weeks. To get the most benefits from our specialized groups, it is highly recommended that all sessions are attended.

Topics Include;

- Overcoming Depression & Anxiety
- Self-Care and Self-Compassion
- Anger Management
- Parenting Groups
- Healthy Relationships
- Overall Health
- Resiliency
- And many more...