

# RELATIONSHIP IMPROVEMENT GROUP



## ***What Can Group Therapy Do For Me?***

- Help you improve your relationships in a supportive environment.
- 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.
- Give you a sense of community.
- 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 each group member is asked to commit to attending a minimum of 3-months.

## ***Where?***

Journey Coaching and Counseling Service, 18023 Sky Park Circle, Suite G, Irvine, CA 90740

## ***Fee***

The fee is \$50 per 90-minute session. To encourage consistent attendance, payment is required each month for all sessions, regardless of the number you actually attend.

## ***How Do I Find Out More?***

I ask all new members to attend an initial 30-minute one-on-one session before beginning the group. This is to help you understand more about how group therapy works, so that you gain the most from group therapy process. 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](http://OrangeCountyCounseling.com/group).**