

# MIXED-ADULT THERAPY GROUP for those OVER 40



**ONGOING GROUP MEETS  
EVERY OTHER MONDAY 6 PM - 7:30 PM**

**\$60/SESSION, Insurance and Discounted fee accepted**

## **CHAPEL HILL**

**Group Psychotherapy Can Be Helpful For Individuals Who:**

- 1) Repeat patterns of unhealthy behavior but don't know how to change.
- 2) Want to explore issues of trust while interacting with others.
- 3) Feel depressed, isolated, different or alone.
- 4) Want to improve communication skills.
- 5) Need to learn how to let others in and/or 'keep' others out.
- 6) Have difficulty giving and receiving care and love.
- 7) Would like to increase self-esteem and create more connection with others.
- 8) Want a happier fuller life.

***Ricki L. Geiger, LCSW, CGP***

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**36 Years Professional Experience**

