

# ***WANT TO IMPROVE RELATIONSHIPS with friends, lovers, coworkers, family?***

Have you tried therapy and wished for something more or different?

Group therapy offers an important addition or alternative to individual therapy by providing a supportive environment in which to work out actual relationships.

Don't just talk *ABOUT* your relationships: improve your relationships by *HAVING* relationships.

***Groups are forming now!***

***\$45/session. Depending on your plan, fees may be covered by insurance.***

***For more information, contact Joanne Gottlieb LCSW at 646-369-3361.***



## **WHAT GROUP CAN DO FOR YOU:**

- Shed light on patterns in important relationships.
- Show you how others perceive you.
- Provide a safe place to try out new ways of interacting.
- Teach you how to deal to conflict.
- Support life changes in a structured community.
- Build skills to give, take, and share.
- Provide an effective and affordable alternative to individual therapy.