

KNIT TOGETHER

Interpersonal Therapy Group for Knitters and Crocheters

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 where you can work on real relationships.

Groups are forming now at a convenient Manhattan location.

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

For more information, contact Mariama Duncan LCSW-R at 917-284-2578.



WHILE YOU PRACTICE YOUR CRAFT WITH OTHERS, YOU CAN ALSO:

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