

**When: Tuesday's, 530p
ET/430p CT**

**January 11th-April 5th (No
group on 2/15)**

**Pricing: \$40/session self
pay and in network with
Optum & Aetna**

**Individuals living in IL & FL
welcome. This group
caps at 15 participants.**

Process Group

COME AS YOU ARE AND SHARE IN EXPERIENCES

This is an open virtual process group for anyone who wants a dedicated weekly space to connect, share experiences, talk about your struggles and successes, and get feedback and support from your peers. This is a safe, therapist led space and everyone is welcome.



Benefits of Group Therapy

- Support and connection
- Recognizing you are not alone
- Improved mood
- Decreased stress
- Build understanding in self/others
- Gain new perspective

Please contact Taylor Smith, LMHC,
LCPC at (872) 216-3311 or
lighthousetherapygrp@gmail.com to
sign up and for any questions. For
more general practice information and
inquiries, visit
lighthousetherapygrp.com

