

Center Focused Therapy

Interpersonal Process Group

Mondays 5:30-7:00pm

A space to increase awareness of relational patterns and explore ways to shift how you relate to yourself and others. Group will provide support and feedback to develop greater interpersonal awareness and moments for better communication and connection.

Weekly, virtual sessions
BCBS PPO, Aetna, United, & Self-Pay
(\$50 per session)

If interested, please contact:



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