

FALL GROUPS 2026

VIRTUAL USING THE TEAMS APP.

IMPROVING RELATIONSHIPS SKILLS: INTERPERSONAL EFFECTIVENESS

by M-K - Tuesdays at 5:30 from 9/15 to 10/6

Are you wondering how to improve relationships with others? Learning interpersonal effectiveness, one of the 4 modules of Dialectical Behavior Therapy, can offer skills for assertive communication and building healthier relationships. These skills can help you understand how to communicate confidently and set better boundaries with others in your life. In this group, we will explore and practice different skills centered around interpersonal effectiveness that may help you improve communication and/or navigate boundary challenges with anyone.

Addictions and Domestic Violence by Kimberly C – Wednesday at 5:30 from 9/9 to 10/7

We may hope that if an abusive partner remains sober long enough, the change will last and lead to nonviolent communication. Compassion can remind us how difficult addiction is and make second chances feel appropriate. We may believe lessons have been learned and that the family can reunite. Whether this is a current concern or a past experience, please join us for a supportive group discussion where participants can help one another through their individual journeys.

Things to know.

1. You must be registered to attend.
2. Please note whether the group is virtual, in person, or a combination. For virtual groups, you will receive a link to the group 24 hours in advance. Please log in a few minutes early and have your camera on to attend.
3. Please arrive a few minutes early in order for the group to start on time.
4. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance and will be updated annually.
5. Support Groups are confidential.
6. Guests are not allowed. Please have all virtual sessions in a confidential space to protect the safety and information of all participants.

To register or for more information call our hotline at 913-262-2868

Para registrarse o mas informacion llame al 913-262-2868