



Healing created together.

Group Therapy

IN-PERSON AND VIRTUAL OPTIONS

A group therapy session is an intentional space for individuals to connect and explore shared experiences. Group members give and receive support and build relationships.



Support through Relationships

GROUPS OFFERED CONTINUOUSLY & ONGOING:

Interpersonal Process Therapy Group: This therapy group is for people who struggle to build or maintain relationships. This group helps those who feel socially anxious, isolated, lonely, and/or confused about what gets in the way of them building relationships with others. *Meets weekly*

Men's Interpersonal Process Therapy Group: This therapy group is for men, including all those who are masculine identified and masc-of-center people. Discussion topics are interpersonal communication, emotional expression, vulnerability, isolation, and others. *Meets weekly*

Stress and Anxiety Therapy Group: This therapy group is for Latina women seeking to increase resilience and support through connection (Spanish-only). *Meets weekly*

*Groups are held via telehealth and in-person.
Check the website or call for details.*

GROUP THERAPY

GROUPS OFFERED ROUTINELY IN CYCLES:

Grief and Loss Supportive Therapy Group: This therapy group is for those who have experienced the death of a loved one. This group offers a non-judgmental space for connection to others with similar experiences, emotional support, and validation around the grieving process. The group offers Psycho-ed. (12-week cycle)

Trauma Information & Connection Group: This therapy group is for individuals who have experienced interpersonal trauma and could use information, insight, and the opportunity to connect with others. *Note: No expectation to share your story of trauma.* (16-week cycle)

*Groups are held via telehealth and in-person.
Check the website or call for details.*

651-224-0614

Call us to learn the current offerings and schedule and how to join.



Hamm Clinic



Hamm Clinic



Hamm Memorial
Psychiatric Clinic

Hamm Clinic promotes mental health with culturally responsive, relational care, especially those facing financial barriers.



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