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.

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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.

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

651-224-0614

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

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