

Group Therapy for Young Adults



If you have faced challenges with partners, family, or friends, or you would like to work on trust, communicating your needs, or vulnerability in your relationships, this group may be for you. We'll address topics such as: navigating boundaries, positive relationships, communication skills, conflict resolution, building self-esteem, anxiety, and recognizing & building strengths. This list is not exhaustive and will vary depending upon the specific needs of the current group members. Topics are presented using Cognitive Behavioral Therapy and Acceptance and Commitment Therapy approaches.

WHO

This group is intended for individuals of all genders, ages 18-29, who want to improve their ability to build healthy relationships.

WHEN & WHERE

Wednesdays
6:30 - 8:00pm

June 21, 28,
July 12, 19, 26
August 2, 9, 16

Virtual / Zoom

INVESTMENT

\$280
Early Registration
by June 7

\$320
Regular Price
Paid on June 21

(Self-Pay Only)

CONTACT US

To ask questions
or register for group:

Text: 717-322-4474

Email: Anthony@
InProcessCounselingLLC
.com

Call: 717-322-4474 x3

*Brief screening process
to confirm this group is a
good fit for you.*



Dr. Anthony J. Vajda, PhD, NCC (He/Him) will be facilitating group.

You can learn about him as a therapist on our website:

www.InProcessCounselingLLC.com

Additionally, Anthony is accepting clients (age 14+) for individual and couples therapy, intakes can be scheduled online.