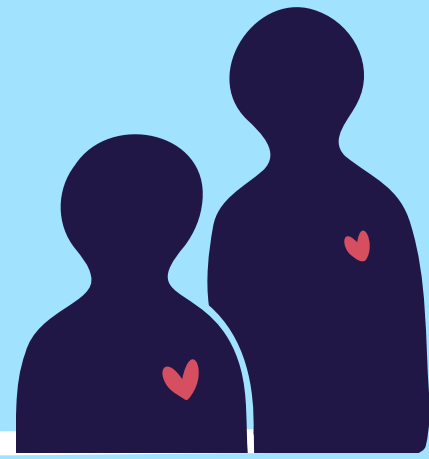
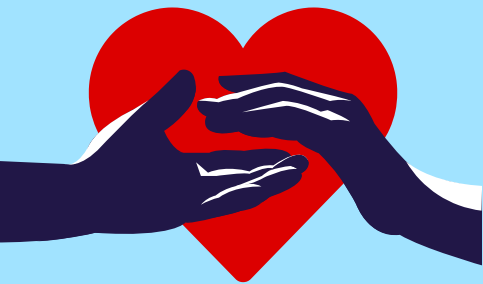


Clarity Clinic

Healthy Connections Group



This group will provide a safe space to discuss relationship concerns and practice skills to help you form healthy connections with family, significant others, friends, and/or coworkers. Learn to identify healthy versus unhealthy behaviors in relationships, set and enforce boundaries, improve communication, and increase self-esteem.



Therapy approaches used include person-centered, CBT, and DBT.

Group Details:

Date/Time: Thursdays at 6:00 pm, Virtual

Facilitator: Carol Briggs, LPC, NCC

Insurance: BCBS, Aetna, Humana, Self-Pay
\$50 per session

Ages: Adults 18+

Contact: CBriggs@claritychi.com

