



LONELY, NOT ALONE

A 12-Week Virtual Group Therapy Series

"Loneliness is the human condition. Cultivate connection anyway."

This group offers a supportive space for adults who feel disconnected during the fall and winter seasons. Whether due to grief, life transitions, strained relationships, or social isolation, this group helps participants process their experiences and build meaningful connections. Each session includes: check-in, psychoeducation, group discussion, practical skill-building, and a grounding takeaway.

Week 1 (Oct 29): Understanding Loneliness – Why We Feel Alone

Week 2 (Nov 5): The Holiday Myth – Deconstructing “Happy and Perfect”

Week 3 (Nov 12): Grief, Loss, and Seasonal Blues

Week 4 (Nov 19): Self-Talk and Self-Worth

Week 5 (Nov 26): Boundaries and Asking for Support

Week 6 (Dec 3): Reconnecting with Joy and Meaning

Week 7 (Dec 10): Cultivating Connection – Even When It’s Hard

Week 8 (Dec 17): Moving Forward – Creating a Plan for the Season

Week 9 (TUESDAY, Dec 23): Managing Expectations and Loneliness on the Holidays

Week 10 (TUESDAY, Dec 30): Reflecting on the Year – Holding Space for Emotions

Week 11 (Jan 7): Rebuilding Routines and Connection in the New Year

Week 12 (Jan 14): Integration and Closure – Carrying the Work Forward

Details

- **When:** Wednesdays, 6:00 PM – 6:45 PM
- **Start:** October 29, 2025
- **End:** January 14, 2026
- **Where:** Online / Virtual via secure Telehealth platform
- **Facilitated by:** Licensed Mental Health Professionals at Doria Therapeutic Group, PLLC

Format & Structure

- 12 weekly sessions (live and interactive)
- 45-minute guided format including tools, discussion, and reflection
- Led by licensed and pre-licensed clinicians
- Safe, inclusive, and growth-focused environment

 **Please Act Now – Groups Fill Up Fast!**

Who Should Join?

This group is ideal for adults who:

- Struggle with repetitive or racing thoughts
- Experience anxiety or decision paralysis
- Want to feel more present and in control
- Are open to reflection and personal growth in a supportive setting

Cost & Insurance

Cost: \$85 per session

Insurance may cover group therapy. Our billing coordinator will assist you with verifying your benefits and confirming coverage.

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