



## RISE & THRIVE: SELF-ESTEEM GROUP AN 8-WEEK VIRTUAL GROUP THERAPY SERIES

**"Caring for Others Without Losing Yourself"**  
**"You cannot pour from an empty cup."**

A supportive virtual space for caregivers to reflect, reconnect with themselves, and develop tools for emotional and mental well-being while caring for others.

**Each session includes:** Check-in, Psychoeducation, Group discussion, Practical skill-building, Grounding takeaway.

**Week 1 – Oct 22:** Understanding Self-Esteem

Explore what self-esteem is and how it shapes thoughts, emotions, and behaviors.

**Week 2 – Oct 29:** Spotting & Challenging Negative Self-Talk

Identify inner critics and learn strategies to reframe unhelpful thinking patterns.

**Week 3 – Nov 5:** Building Self-Compassion

Cultivate kindness toward yourself and practice self-forgiveness.

**Week 4 – Nov 12:** Values, Strengths & Purpose

Discover personal values, recognize strengths, and connect them to life goals.

**Week 5 – Nov 19:** Boundaries & Assertiveness

Develop healthy boundaries and express needs with confidence.

**Week 6 – Nov 26:** Social Confidence & Connection

Strengthen social skills and foster supportive relationships.

**Week 7 – Dec 3:** Emotional Regulation for Resilience

Learn techniques to manage emotions and bounce back from challenges.

**Week 8 – Dec 10:** Sustaining Self-Esteem Beyond the Group

Create a long-term plan to maintain and grow self-esteem.

### Details

**When:** Wednesdays, 6:00 – 6:45 PM

**Start:** Oct 22, 2025 | **End:** Dec 10, 2025

**Where:** Online via secure Telehealth platform

**Facilitators:** Licensed Mental Health Professionals at Doria Therapeutic Group, PLLC

### Cost & Insurance

**Cost: \$85/session**

Insurance may cover group therapy – our billing coordinator will help verify benefits.

### Format & Structure

- 8 weekly live & interactive sessions
- 45 minutes each
- Guided tools, discussions, and reflection
- Safe, inclusive, and growth-focused

### Who Should Join?

This group is for adults who:

- Are primary or secondary caregivers for a loved one
- Feel emotionally overwhelmed or isolated
- Struggle to balance caregiving with self-care
- Want resilience tools, boundaries, and self-compassion
- Seek supportive community and understanding

*Scan me*



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

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