



## COMMUNICATION SKILLS

### **An 8-Week Virtual Group Therapy Series** **"Say what you mean. Hear what they feel."**

This group offers a supportive space for caregivers and helping professionals to explore the way they communicate, build healthier patterns, and strengthen their ability to connect meaningfully with others.

**Each session includes:** check-in, psychoeducation, group discussion, practical skill-building, and a grounding takeaway.

**Week 1 (Sep 18):** Foundations of Healthy Communication

**Week 2 (Sep 25):** Understanding Communication Styles

**Week 3 (Oct 2):** Assertiveness Without Guilt

**Week 4 (Oct 9):** Active Listening & Reflective Responding

**Week 5 (Oct 16):** Boundaries: Saying No with Clarity

**Week 6 (Oct 23):** Managing Conflict & De-escalation

**Week 7 (Oct 30):** Emotionally Charged Conversations

**Week 8 (Nov 6):** Integration & Next Steps

#### **Details**

**When:** Thursdays, 7:00 PM – 7:45 PM

**Start Date:** September 18, 2025

**End Date:** November 6, 2025

**Where:** Online via secure Telehealth platform

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

#### **Cost & Insurance**

**Cost: \$85 per session**

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

#### **Format & Structure**

- 8 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

#### **Who Should Join?**

**This group is ideal for adults who:**

- Provide care or emotional support to others professionally or personally
- Struggle with expressing their needs, feelings, or limits
- Want to reduce misunderstandings and improve their relationships
- Are ready to grow in a supportive and non judgmental environment

#### **To Register or Learn More:**

Email: [mdoria@doriatherapeuticgroup.com](mailto:mdoria@doriatherapeuticgroup.com)

Phone: (914) 246-4100

Website: [www.doriatherapeuticgroup.com](http://www.doriatherapeuticgroup.com)

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



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