



STRENGTH IN THE STORM **A SUPPORT GROUP FOR CAREGIVERS, GRIEF & LIFE TRANSITIONS**

"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 (Sep 10):** Grounding in the Storm – Why We're Here
- **Week 2 (Sep 17):** Naming the Weight We Carry
- **Week 3 (Sep 24):** The Emotional Landscape
- **Week 4 (Oct 1):** Boundaries & Balance
- **Week 5 (Oct 8):** Grief Before & After Loss
- **Week 6 (Oct 15):** Relationships Under Stress
- **Week 7 (Oct 22):** Reclaiming Joy & Meaning
- **Week 8 (Oct 29):** Moving Forward With Resilience

Details

When: Wednesdays, 6:00 – 6:45 PM

Start: Sep 10, 2025 | **End:** Oct 29, 2025

Where: Online via secure Telehealth platform

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

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

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

Scan me



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

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