



## **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 (Feb 18):** Understanding Loneliness – Why We Feel Alone

**Week 2 (Feb 25):** The Holiday Myth – Deconstructing “Happy and Perfect”

**Week 3 (March 04):** Grief, Loss, and Seasonal Blues

**Week 4 (March 11):** Self-Talk and Self-Worth

**Week 5 (March 18):** Boundaries and Asking for Support

**Week 6 (March 25):** Reconnecting with Joy and Meaning

**Week 7 (April 01):** Cultivating Connection – Even When It’s Hard

**Week 8 (April 08):** Moving Forward – Creating a Plan for the Season

**Week 9 (April 15):** Managing Expectations and Loneliness on the Holidays

**Week 10 (April 22):** Reflecting on the Year – Holding Space for Emotions

**Week 11 (April 29):** Rebuilding Routines and Connection in the New Year

**Week 12 (May 06):** Integration and Closure – Carrying the Work Forward

### **Details**

- **When:** Wednesday, 7:00 PM – 7:45 PM
- **Start:** February 18, 2026
- **End:** May 06, 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

### **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**

Billable through your current insurance plan; benefits will be re-verified prior to enrollment.

*Scan me*



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

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