



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.

- Week 1 (February 26):** Introduction to Communication Skills
- Week 2 (March 5):** Understanding Your Communication Style
- Week 3 (March 12):** Active Listening Basics
- Week 4 (March 19):** Using "I-Statements" & Expressing Needs
- Week 5 (March 26):** Managing Difficult Conversations
- Week 6 (April 2):** Emotional Regulation in Communication
- Week 7 (April 9):** Setting Healthy Boundaries
- Week 8 (April 16):** Assertiveness Skills
- Week 9 (April 23):** Communication in Relationships
- Week 10 (April 30):** Handling Criticism & Giving Feedback
- Week 11 (May 07):** Collaborative Problem-Solving
- Week 12 (May 14):** Integrating Skills & Moving Forward

Details

When: Thursdays, 5:00 PM – 5:45 PM

Start Date: February 26, 2026

End Date: May 14, 2026

Where: Online via secure Telehealth platform

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

Cost & Insurance

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

Format & Structure

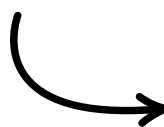
- 12 weekly live & interactive sessions
- 45 minutes each
- Guided tools, discussions, and reflection
- Safe, inclusive, and growth-focused

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

Scan me



Please Act Now – Groups Fill Up Fast!

☎ (914) 246-4100 | ✉ dtg.groupservices@doriatherapeuticgroup.com | 🌐 www.doriatherapeuticgroup.com



DoriaTherapeuticGroup



doriatherapeuticgrouppllc



doria-therapeutic-group-pllc