

Process Group

Facilitated by Psychotherapist, Jennifer Carey

What is a process group?

A process group consists of eight people who meet weekly with the goals of finding out more about who they are and what they would like to change in their personal lives and relationships with others. With assistance, guidance, feedback and process comments from the facilitator, Jennifer Carey, the members heal, learn and grow together forming their own unique group and identity.

Are Process Groups the right fit for you?

If you answer YES to the following, a Process Group may be the perfect type of support for you.

- Do you wish you had other people in a safe and supported environment that you can talk openly about what is going on in your life and the areas you wish to work on?
- Do you want to become more self aware?
- Do you wish to find more compassion and understanding for yourself and others?
- Do you wish to make your relationships more positive and healthy?

**Please contact Jennifer at
jen@jenniferhcarey.com or 978-414-5121
for more details on location, dates and cost.**

