



Relationships Group



This group supports clients in identifying growth opportunities for interpersonal connection. This community offers space for clients to build skills to form and maintain positive connection with people in their lives. Within a group context, clients will discuss various stages of relationships, as well as strategies for fostering and maintaining relationships, building trust, setting boundaries, and intentional communication.

If you are interested, please reach out to Charlotte Holley, MSW at 708.383.7500 ext. 308. Please note pre-screening is required.

Please reach out for details on utilizing insurance benefits. This program may be free based on your insurance coverage.

