

PERSONAL EXPLORATION GROUP

In this interpersonal process group, members can expect to increase their comfort in communicating with others, deepen their self and relational awareness, and learn about their emotions and feelings. The group is intended to provide members with a safe space to share openly about their life experiences, gain support from others, give and receive feedback, and learn new ways of relating to others.

This group values inclusivity and welcomes members from all cultures, identities, and life experiences.

Meets Mondays 5:15-6:45 via Zoom
Starting November 2020

\$50 per session. BCBS and Cigna accepted. Sliding fee available.

If you are interested in joining this group, please email info@chicagocounselingcollective.com or call 312-600-8310.

Facilitated by Drs. Lincoln Hill and Ryan Mather

