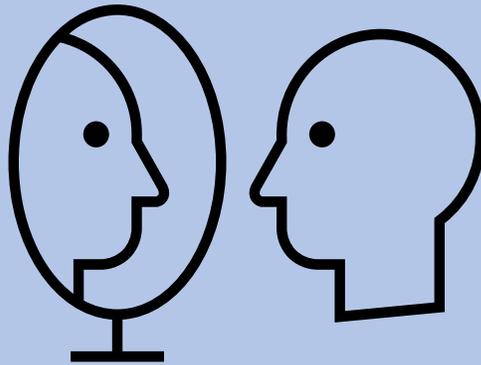


I do not know how
to be direct with
others

I have difficulties
making meaningful
relationships

I have hard time
expressing myself

I have difficulty
trusting others



Join Us!!

Integrating Creative Arts with Interpersonal Group Therapy

This group will help you work on increasing self-awareness, improve communication, learn about your attachment wounds, and ways to express your emotions in relationship with others.

No art experience required

Call The Counseling Center at 716-878-4436 to set up brief assessment with a counselor to help determine if this is the right group to help you improve on your interpersonal goals.