



Fall 2019 Therapy Groups

Middle School Girls Process Group

This group will provide peer support, increased self-awareness, and promote skills learning. There will be at least five main topics including: healthy thinking, healthy emotion management, healthy self-concept & identity, healthy behavior choices, and healthy relationships. For more information, contact Amanda Sullivan, MSW, LICSW, asullivan@relatemn.org or Paige Love, MSW, LGSW, plove@relatemn.org.

Teen Girls Process Group

Join us for a process oriented group providing empowerment, peer support, increased self-awareness and psychoeducation. Group begins the end of October 2019. Two groups will be available. Please contact Erica Johnson, MA at ejohnson@relatemn.org or 952-932-7277.

Finding Steady

A group for high school guys looking to make sense of the chaotic world we live in. The group will provide time and space to figure out life with each other. Finding Steady meets through the year and registration is open. If interested, please contact Aaron Rusnak, MSW, LICSW, arusnak@relatemn.org or Chris Weidenbacher, MA, LAMFT, cweidenbacher@relatemn.org.

Tabletop Gaming Group Therapy

A group therapy centered on building skills in the context of a Fantasy Role-Playing Game. Participants will be in Middle or High School. Beginning in October and running 10-12 weeks. For more information, contact Kayla Devorak, MS, kdevorak@relatemn.org.

Groups on the Horizon:

Parenting Groups

One night groups that offer relevant topics for parents to feel energized and equipped. Group topics will be stand-alone, so attend just one or as many that seem practical.

Transition Groups

One night groups that offer a space to take a breath and get into the dynamics of transition and prepare a path to healthy adjustment.

Young Adult Process Group

A process-oriented group that gives young adults a place to wrestle with the complexities of adulthood and help to support a balanced approach to navigating college, careers, and relationships.

For information on any of the groups Relate offers, please contact our Groups Coordinator: Aaron Rusnak, MSW, LICSW arusnak@relatemn.org



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