This confidential 6-week therapy group will meet weekly with 2 group therapists, Ilene Kalter-Lieberman (she/her) and Zoe Gould (she/him.) By connecting with others in an intentional and confidential environment, group members openly talk about their challenges while receiving encouragement and feedback from multiple perspectives. The goal of the group is to create a supportive space for group members to deepen their level of self-awareness and learn how they relate with others.

?'s & to register email: agarcia2@brynmawr.edu