

ASEXUAL & AROMANTIC PROCESSING & SUPPORT GROUP



Day: Mondays
Time: 6:30 pm
Duration: Ongoing
Cost: \$40/group
+ cost of intake

GROUP DESCRIPTION

This group is a safe, welcoming space where asexual and aromantic individuals share their experiences, struggles, and stories. Through the development of a group community, members will have support, empathy, validation and guidance of in processing their lived experience and exploring their identity. The group therapist will empathically guide the members to challenge the expectations and beliefs that are prescribed to them by society and culture to allow for the sharing of experiences through a non-judgemental lens. This group will meet in-person will run 45-90 minutes dependent on the number of attendees each week. Clients will be required to attend their first 8 consecutive sessions and thereafter can cancel 48-hours in advance without a cancellation fee as long as regular attendance requirement is met.

REQUIREMENTS

- Clients must be in individual therapy
- Clients must be age 21+
- Client must sign release for group therapist to speak to individual therapist
- Free 15-minute appt with a member of our leadership team to ensure we are a good fit
- A 60-minute intake with group leader (\$180, sliding scale available)
- Cancellation 48-hours in advance
- Regular attendance required: no more than 2 absences in a 3 month period
- Willingness to participate in group
- Clients will not socialize with each other outside of group

ROOTS & BRANCHES THERAPY

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**Free
Workbook**