

GROUP THERAPY OPTIONS

PLEASE CONTACT US TO JOIN ONE OF OUR GROUPS



MAKING SENSE OF YOUR WORTH GROUPS \$25 PER HOUR

Unsubscribe from the lies and find your worth



For Teens (9th -12th grade)

- 8 week group on Thursdays 4 6 pm
- Next one starting on February 9th
- Held at our Ogden counseling office

For Adults

- 8 week group on Thursdays 6 8 pm
- Next one starting on February 9th
- Held at our Ogden counseling office

TBRI® THERAPY GROUP

\$25 PER HOUR

Learn how to build trust, help change behavior and support each other in your journey

For all parents

- · Continual open format; rotating topics
- 6 to 8 pm; Wednesdays
- Next one starting in March 2023
- Held at our Ogden counseling office





ADDICTION RECOVERY GROUP

\$25 PER HOUR

Become empowered with knowledge, accountability, and connection; and finally be free of addiction's chains.

For teen boys

- Continual open format; rotating topics
- 6 to 8 pm; Thursdays
- Next one starting in April 2023
- Held at our Syracuse counseling office

L 801-896-0793 (CALL OR TEXT)

WWW.ANSONFAMILYCOUNSELING.COM



