



Womens' Mental health support group

Join an intimate group setting to engage in meaningful conversation about the obstacles of mental wellness while receiving therapeutic support and guidance.

Mindfulness-based-stress-reduction group

Engage in an educationally based group where we will dive into basic mindfulness based techniques that help to support the reduction of stress and promote mental and emotional well-being.

Post-natal Support Group Via Zoom

An online group setting designed to hold a supportive space for new parents, engaging in a community experience while receiving mental health support

Art Therapy Group for Teens with Depression & Anxiety

A six week course that utilizes creative expression to explore management of symptoms while also having some fun! No art skills required

Skill Building: A Course on Effective Communication

This four week course is for anyone who would like to deepen their understanding of communication and improve their abilities



Groups Guided by Alyssa Haley, LCSW

Sliding scale & Some Insurance options available

For more information please contact Threefold Health

(518) 945-8584 / Or Email alyssa@threefold-health.com