

Cultivating Peace During Difficult Times: Group therapy

About

Many of us are feeling isolated during this time. This unique online group therapy session is geared to help provide support, evidence-based tools, and a new way of relating during this time of self-isolation.

Dr. Jan Roberts, LCSW is an internationally recognized speaker, clinician and educator. Dr. Roberts uses CBT and other evidenced-based approaches in her practice focusing on empowering others to find their true calling and to find the joy and healthy living they deserve.

Dr. Roberts teaches at NYU and see patients in her private practice in NYC.

Details

- Donation-based (Due to the urgency, Dr. Roberts wants to make this available to all. Pay what you can.)
- Meets 2x per Week for 1 Hour: Tuesdays at 1PM (EST) & Fridays at 1PM (EST)
- Uses Zoom platform

To Join:

Email jan@drjanroberts.com to preregister or go to www.drjanroberts.com to register online



Dr. Jan Roberts, LCSW
www.drjanroberts.com