

Current and Upcoming Group Offerings

Children Group

Teen Group

Adult Group

January 2023

Artfully Inspired - Teen Group (Ages 13-15)

Facilitated by Courtney Morgan, LPCA & Hannah Floyd, Student Counseling Intern

Group Description: This five week, art-based group is wonderful for those who have had a challenging year, experiencing hopelessness, seeking connection with others, or trying to break from unhealthy patterns. We welcome teens to join us for a transformative experience utilizing art mediums to explore goals and hopes for the future, process and heal from previous negative experiences, and gain deeper self-awareness. *Previous artistic experience is not required!*

Location: Lyndon Group Room

Session Dates: Thursdays from 6:15pm-7:15pm beginning January 12th and ending February 9th

Investment: \$60 per 60-minute session

Contact: Courtney Morgan, LPCA, courtneymorgan@protonmail.com & 502-791-5036, or Intake Team at 502-709-0410

February 2023

Grow - Teen Group (Ages 15-17)

Facilitated by Courtney Morgan, LPCA and Allison Drogin, Student Counseling Intern

This Teen Group is designed for teenagers experiencing low self-esteem, negative self-image, difficulty managing challenging emotions or stressors, lack of social support, and/or feelings of

hopelessness. This 8-week group will include self-compassion exercises, mindfulness skills, effective coping strategies, building personal power, and learning acceptance.

Location: Lyndon Group Room, 8134 New LaGrange Road, Suite 102

Session Dates: Every Tuesday from 6:15pm - 7:30pm beginning February 7th - March 28th.

Investment: \$75 per 75-minute session

Contact: Courtney Morgan, LPCA at courtneymorgan@protonmail.com / 502-791-5036, or Intake Team at 502-709-0410

March 2023

April 2023

[Navigating Relationships - Teen Group \(Ages 13-14\)](#)

Facilitated by Courtney Morgan, LPCA

This Teen Group is designed for teenagers seeking to better understand and improve interpersonal relationships, including friendships, romantic relationships, family relationships, and peer relationships. This 6-week group will cover healthy versus unhealthy relationships, self-respect, communication strategies, and effective interpersonal skills. This Group is a wonderful preventative intervention to dating violence and unhealthy relationships.

Location: Lyndon Group Room, 8134 New LaGrange Road, Suite 102

Session Dates: Every Tuesday from 6:15pm - 7:15pm beginning April 4th - May 9th.

Investment: \$60 per 60-minute session

Contact: Courtney Morgan, LPCA at courtneymorgan@protonmail.com / 502-791-5036, or Intake Team at 502-709-0410

Additional Groups Coming Soon!