

LOVE

YOUR NEIGHBOR'S

Group Therapy for Anxiety & Depression

Group Therapy will now be offered at Love Your Neighbor!

Finding a quality group therapy option in our area can often involve a 12-14 week wait. Many times, the cost includes a very high deductible, making it a resource that is unaffordable for many. Group therapy has proven to be incredibly effective, as it encourages community when many are struggling in isolation.

Love Your Neighbor Group Therapy curriculum has been developed by our staff, and classes will be led by social work interns from Love Your Neighbor and other local agencies. Sessions will follow an 8 week repeating cycle, and anyone can join a group at any time.



FAQ

Who Can Attend?

Any community member 18 and older dealing with depression or anxiety is encouraged to scan the QR code and fill out the form and someone will reach out for possible enrollment! There is a \$5 cost per session. Please let us know if the \$5 is a barrier to you attending!

When and Where is it Offered?

Group anxiety therapy will be held on Tuesdays from 6:30pm-7:30pm at Love's main campus. Group therapy for depression is anticipated to start the week of February 26th!

Lovewm.org
616-662-3300
3300 Van Buren St, Hudsonville, MI

