



Are you feeling disconnected?

**Befriending Belonging**

An Interpersonal Process Group

Relationships can be challenging.

You can care deeply about others and still struggle to connect.

Ease in relationship is possible.

**Befriending Belonging** is a weekly interpersonal process group designed to help you explore who you are in relationship to others. We attend to here-and-now experiences, give and receive support and feedback, and experiment with new ways of engaging that are authentic, satisfying, and aligned with who you really want to be.

*\$50 per session*

*Three month initial commitment required*

**CONTACT RYAN OR JEANNIE FOR MORE INFORMATION**

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*Informed by relational, experiential, and body-centered therapies, this group will inspire you towards deeper levels of awareness and change in your everyday life.*

*Mondays from 6:30-8:30 PM*

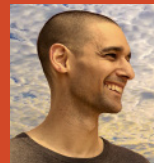
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*Facilitated by LPC Interns:*



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