

# I Just Need to do a Little Bit More

18+ | Tuesdays | 3:30-4:30 | Telehealth | 7/2 to 8/20

Group facilitator: Joshua Smith



Relationships are hard especially when it feels like the goal post for being happy is continually moving.

This group is a safe space for those in relationships that just don't feel quite right. Whether the partnership is toxic or you are just growing apart, this is a safe space for reflection.

Participants will learn about healthy boundaries, effective communication, signs of toxic behaviors, and more.

This group can help those currently in a relationship, leaving one, or starting one. If the title of this group sounds familiar, or has ever sounded familiar, it's for you.



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