



# GROUP THERAPY WORKSHOPS

*Change is Possible Group*

Join us for our new group therapy workshops in our Cumberland Office. Our Change is Possible Group provides an interactive, fun learning experience for participants to learn, develop and change their lives. All sessions are implemented utilizing CBT, DBT, and ACT therapeutic techniques.



**Begin your journey today**

**Tuesdays and Thursdays**

Cumberland Office  
6:00 pm-7:00pm

## Group Calendar

- 1** 10/7-12/13-Psychoeducational Groups  
Learning about disorders, Managing Symptoms and Healthy Living.
- 2** 1/6- 3/14-Healthy Relationships and Communication, Building Healthy Boundaries, Self Esteem and Substance Abuse
- 3** 4/7-6/13-Trauma, PTSD, Grief and Anger Management, Healthy Coping Skills

To sign up for group therapy services, call our office today or log on to our website and click Get Started Now!



**301-777-9600**



[www.mdwellness.org](http://www.mdwellness.org)