



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA

An individual intake session is required before attending. Groups are in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY (AAT) GROUP WITH CANINES (adults). Every other Saturday, 2 pm. Evidence-based research shows AAT relieves stress and can help with many symptoms!

DBT ADULT GROUP. Every other Thursday, 5:15 pm. Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing symptoms and dealing more effectively with daily challenges like accomplishing goals, managing emotions / distress, and communicating with others.

DBT YOUTH GROUP. Every other Wednesday, 4:30 pm. All of the great skills and benefits of our adult DBT group, in a youth-focused format.

LGBTQ* ADULT GROUP. Affirming therapy, communication skills, & education on resources.

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MINDFULNESS GROUPS (adults). Section 1: Fridays 5:15 pm. Section 2: Saturdays 5 pm. Our most popular group type! Mindfulness improves overall health and helps with management and prevention of mental health issues, including substance use. This group type provides education and practical applications of mindfulness skills and concepts through movement meditation (Tai Chi and Qi Gong). Diverse bodies and fitness levels are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (adults). Every other Thursday, 5:15 pm. This group is for anyone who has experienced trauma, big or small, whether or not they have a PTSD diagnosis. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss & related experiences. Reconnect with renewed meaning and purpose to improve your mental health.

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