



HAVE YOU RECENTLY MOVED TO NYC?

If so, this group might be for you!



GROUP DESCRIPTION

Regardless of the circumstances, relocating to a new city can be an emotional experience. Many people experience conflicting emotions such as excitement, fear, hopefulness, awe, and loneliness.

Regular visits with friends quickly become phone calls, and your daily routine is disrupted as you search for a new favorite coffee spot. These changes can lead to social anxiety, heightened self-criticism, and isolation from others.

With the right skills and opportunity for open discussion with others, though, it is possible to manage the painful emotions and build meaningful connections. In this group, you will foster new awareness and curiosity, and you will practice skills to manage difficult feelings like loneliness and anxiety, all among people who "get it."

DETAILS

- This group is open to all folks between ages 18 and 26 who identify as women and who have recently moved to NYC.
- This will be a closed group that will start on September 20th, 2023, and will meet every Wednesday from 3pm to 4:15pm for 8 weeks.
- We accept Aetna insurance, and can also help with out of network claims.
- The cost will be \$75 per group session, payable by cash, check or credit card.
- All interested members will have a scheduled individual call with Taylor to discuss goals and concerns, and to ask questions.

**FOR MORE INFORMATION AND TO
SCHEDULE AN INTRO CALL:**

Please either call, text, or email our
Intake Coordinator, Liz Pignatelli at

(516) 229-1360
care@selfworksgroup.com

WWW.SELFWORKSGROUP.COM



TAYLOR ASHE, MHC-LP

Psychotherapist, Group Leader

"Through our work together, I hope for you to cultivate a richer sense of meaning in your life and feel a deeper connection to yourself and others."