Online Group Therapy Programs

We are also now offering online group therapy. Learn from our licensed clinicians and connect with others – all from home.

Single Parenting
Adults | Mondays, 7:00 p.m.
Learn how to manage your mental health – and your child’s mental health – all while single parenting. We will cover the five dimensions of wellness: emotional, physical, social, intellectual, and spiritual health.

Supporting Siblings
Ages 8 – 13: Tuesdays, 1:30 p.m.
Ages 14 – 18: Tuesdays, 4:00 p.m.
If your brother or sister has a mental illness, there are lots of ways you can support them. You will learn about mental health conditions, and how to be a good ally.

Parenting Strategies for Children Who Have Experienced Trauma
Adults | Wednesdays, 10 a.m.
Unfortunately, many children have experienced trauma. In this support group, you will learn how to effectively and lovingly care for children who have been traumatized.

Anxiety Support Group
Teens | Wednesdays, 12 p.m.
If you’ve ever felt anxious, you’re not alone. Learn about what anxiety is and why it happens, how you can change your negative self-talk, and what coping skills you can use.

Parenting a Child with Anxiety
Adults | Wednesdays, 2 p.m.
Does your child get anxious? Learn about what anxiety is and why it happens, and how you can help your child address their anxiety in a healthy way.

Anxiety Support Group for Parents
Adults | Wednesdays, 4 p.m.
If you’ve ever felt anxious, you’re not alone. Learn about what anxiety is and why it happens, how you can change your negative self-talk, and what coping skills you can use.

Love Will Get Us Through This: Parenting Skills Group
Adults | Thursdays, 8:15 a.m.
Learn about your child’s primary love language, and how to use ‘whole-brained’ parenting with your child.

Enroll today. Call 443-573-8678.

We accept Medicaid and CareFirst BlueCross BlueShield.