

Pathways to Healing

PtH is a therapist-led group for individuals who have experienced impactful life experiences and would like to learn skills to cope with those experiences better.

"We're all
just
walking
each other
home."

RAM DASS

ella frances sanders

The group will meet weekly.

Enrolling in this group requires a weekly commitment. The group is scheduled to run for 16 weeks.

Insurance is accepted, self-pay rates available

The group is a "closed" group, as each iteration builds on the information learned in previous weeks.

If you are already engaged in services at Woodbridge Therapy Group, please contact your primary counselor for a referral.

If you are not engaged in individual therapy at Woodbridge Therapy Group, please call (703) 497-1771 to inquire about the group.