

Pathways to Healing for Military Veterans

PtH is a Veteran therapist-led group for Military Veterans and Contractors who have experienced impactful experiences in and out of their military career. Participants will find a supportive environment where they can learn skills to regulate mood, develop connections, address difficulties, and manage stressors.

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

RAM DASS

The group will meet every week.

Please join us each week as we learn skills, discuss common issues, and connect with one another.

Insurance accepted, self-pay rates available

ella frances sanders

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.