

# Transformative online groups for MENTAL ILLNESS.

When someone you love is struggling with mental illness—a parent, a spouse, a child or someone else close to you—it can take a heavy toll on your own wellbeing. There are a lot of emotions that just come with the territory—worry, anger, fear, sorrow, betrayal. You want to be supportive, and to do that you need to be able to face challenges with strength.

Our online groups are uniquely developed to focus in on the unique perspective of you as a supporter to someone with mental illness, which means you'll be part of a community of like-minded people who get it—they know what you're talking about. We have developed a program that provides knowledge, awareness, and healing in an environment that is safe, supportive, and constructive. Whether you're ready to join us yet or not, check out our free resources. We're here for *you*, and we want to help in whatever way that is helpful on your pathway to mental wellness.



**TRANSFORM**  
*Through Therapy*



# Online group therapy designed just for you & your mental wellness



1

**TAILOR-MADE FOR YOU:** Get the benefit of a group that knows exactly what you're going through. You'll be a part of a group of like-minded people who get it and together you can successfully get over the hurdles in front of you, all with love, laughter, and support along the way.

2

**ANONYMITY:** What you're facing is delicate and vulnerable, and healing requires safety. Online groups bring people together all over so you can safely share with your group as anonymously or open as you'd like, without worrying about bumping into anyone at the grocery store or next PTA meeting.

3

**FLEXIBILITY:** Eliminate the restrictions of geography or transportation. We know that you're handling a lot, and it can be scary to add one more thing to your plate. Our online groups come directly to you—so whether you're on the road, balancing work and home life, or unable to travel at all, an internet connection is all you really need. Plus, each session is recorded for later viewing if you miss the live session.

4

**EXPERTISE:** Our groups are led by two seasoned clinicians with deep experience guiding people through the challenges and emotions that come with mental illness. While some groups are run by well-meaning people, there can be a lack of skills to help you move forward. With us you are in good hands on your journey to mental wellness.



## TRANSFORM

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