

Why are groups so effective?

1. They actually work!

The Group provides more information collectively over what a single individual can contribute. In addition, groups allow for a deeper well of resources to tap into with more information available simply because of the wide variety of experiences and diverse backgrounds of participants.

2. Groups are cost effective. |

Rates can be 50-70% lower than individual sessions. Instead of one individual paying for the service, the cost is shared by the group.

3. Practicing skills safety

Groups allow for practicing skills in a safe and supportive environment. This is super important because many people have challenges with translating the skills they learned into practice.

4. Reduces isolation

Many people struggle with loneliness and isolation for assorted reasons. Isolation can impact mental health, behavioral health, cognitive health as well as other issues. Gathering in a group can reduce the negative impacts of isolation and loneliness.