

Interpersonal Psychotherapy Group for Men and Women

This ongoing, weekly, co-ed group, is designed for help in developing new relationship skills, and exploring the connections between personal struggles and how they are reflected in relationships. Group members, who usually function well in their lives yet may experience relationship conflicts, depression & anxiety, low self-esteem, or difficult life transitions, will explore thoughts and feelings with others, and experience how they are impacted by relating to peers, in a safe environment. Time in the group will be open ended, and members remain in the group until they meet the goals they set for themselves. Up to 6 - 8 members.

Facilitated by: David Ward, LCSW, LADC

Time: Thursday evenings 5:00 - 6:30 p.m.

Place: 261 Main Street, Yarmouth, Maine

Fee: \$40 per session

(Some insurance accepted. All prospective group members will be interviewed to ensure best fit between individual and group needs).

For more information, call David at, **207-846-3422**, or go to

www.davidwardlcsw.com



David Ward, LCSW, LADC, is a Licensed Clinical Social Worker and Licensed Alcohol and Drug Counselor, in private practice, who has been helping people change and grow for more than ten years. He received his Master's Degree from the Boston University School of Social Work, specializing in clinical group work. He is a member of the American Group Psychotherapy Association, and has attended trainings at the Northeastern Society for Group Psychotherapy. David uses compassion and humor in helping people make healthy changes.