



Supportive Therapy Group for Graduate Students

Being a graduate student can have unique challenges, both professionally and personally, including increased stress levels, strain on relationships, heightened expectations for performance, and pressure to sacrifice free time, hobbies, and sleep to meet the demands of your program or school. The goal of this group is to provide a safe and confidential space for graduate students to receive support, gain perspective and insight into themselves and their relationships, and learn to cope with the demands of graduate school. The content of the group is open-ended and themes are broad and varied – they have included balancing academic and family life, self-care, family and intimate partner relationship concerns, advisor-advisee relationship concerns, procrastination, perfectionism, depression, anxiety, cultural adjustment, and issues of oppression (e.g., sexism, racism, heterosexism, ageism).

This group is designed to:

- Help you cope with everyday stressors related to family, friends, or work.
- Help you deal with balancing work and family responsibilities.
- Help you develop improved communication and other relationship skills.
- Help you understand depression, anxiety, and other mental health issues.
- Help you develop improved self-care in your life.
- Give you an open forum to gain insight, information, and support.
- Give you a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.

Come together for support, growth, and learning!

When: Open enrollment – Day and time determined by group need.

Where: Lepage Associates, 5842 Fayetteville Road, Suite 106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)

Cost: \$80.00 per 75-90 minute session (sliding scale available as needed; most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000
or email officemanager@lepageassociates.com**

Space is limited so register now to reserve a spot!

www.lepageassociates.com