



Partners of Graduate Students Therapy Group

You need support too!

This therapy group is designed for romantic partners of graduate students (e.g., spouses, girlfriends, boyfriends, etc.). A relationship with someone in a demanding graduate program can be challenging. This group aims to offer you the opportunity to meet with others in a similar situation and offer each other support.

The content of the group will be open-ended, meaning there will be no specific agenda. However, some basic themes usually emerge including relationship problems, adjustment to life events, understanding oneself, and developing self-esteem. In addition, we often spend time looking at the interactions among the members of the group. We call this the group "process" and have found that understanding what goes on in the group is a great way to learn how we relate to others outside the group as well.

- 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 understand depression, anxiety, and other mental health issues.
 - Help you cope with issues of body image and eating.
 - Help you develop improved self-care in your life.
 - Help you develop improved communication and other relationship skills.
 - 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 session (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