

Pandemic Processing

A group therapy space for those navigating the ongoing pandemic.

We will explore:

Managing relationships with friends and family
Feelings of grief related to loss of relationships, hobbies and careers
Navigating COVID boundaries
Stressors around in person activities
Self care strategies
Ways to find hope and fulfillment
and more!

Who is this group for?

- People who reside in California
- Those who are still taking COVID precautions in their daily lives, looking for support

Who runs this group?

- Olivia Belknap: Associate Marriage and Family Therapist (AMFT145716)
 - Under the supervision of Lisa Gray (MFT44983)

Group Details

8 weekly sessions, held virtually
90 minutes long
Day/time TBD based on participant availability
\$50/session for full fee
\$30/session for reduced fee
If interested, please fill out the screening questionnaire below:
[Interest Form](#)

