



Frequently asked questions:

1. Who is the group for?

This group is open to adults ages 18+

This group is open to all genders and races/ethnicities.

2. How often do group meetings occur?

Group meets once a week (unless otherwise specified)

3. How long are group sessions?

Group sessions are 1 hour long

4. Can I participate in group therapy if I'm in individual therapy?

Absolutely! Please let us know when registering if you're receiving individual therapy. Group therapy is a great supplement to individual therapy.

5. Is group therapy covered by my insurance?

Most insurance companies provide coverage for group therapy. Upon registering and providing insurance details, we will verify your eligibility and benefits for group therapy. You'll be notified in advance of any payments that you'll need to make based on your insurance coverage.

6. I don't have insurance. How much does it cost to participate in the group?

The cost of the group is \$40 per session. Discount available when paid in full. Send us an email if you're interested in the paid in full discount (info@wellnesstreecounseling.com).

7. Do I have to attend all 5 sessions?

We ask that participants attend all 5 sessions in order to receive the full benefits of the group. No make-up or rescheduling will be available for missed sessions

8. What can I expect from this group?

You could expect to gain an understanding of how stress can affect your physical and mental health. You will learn various practical skills to manage stress and reduce anxiety.

Additionally, you'll engage in mutual support of others and create a self-care plan to manage the day to day challenges of stress that occur.

9. Where does the group meet?

63-48 Alderton Street Rego Park, N.Y. 11374

347-761-7325

info@wellnesstreecounseling.com

www.wellnesstreecounseling.com



Group meets virtually using a secure video conferencing platform. You'll receive a link in advance to sign onto a virtual meeting.

10. Who is the group facilitator (s)?

The group is facilitated by our Licensed Therapists and Clinical Interns, supervised by Tacha Fletcher, LCSW, CCTP. To learn more about our team, check out our [team](#) page.

11. Why should I participate in this group?

Many adults experience stress and anxiety. With the right support and coping strategies, you can learn to manage stress and anxiety so you can live a meaningful life. This group will focus on facilitating restorative healing through learning new ways of coping.

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