



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, LPCC, CPDT-KA

An individual intake session is required before attending. Groups are listed in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published but is available upon request, as appropriate.*

ANIMAL-ASSISTED THERAPY (AAT) GROUP WITH CANINES (adults). Every other Saturday, 2 pm. Evidence-based research shows that AAT can help improve many types of mental health symptoms.

DBT ADULT GROUP. Every other Thursday, 5:15 pm. Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing symptoms and dealing more effectively with daily challenges like accomplishing goals, managing emotions / distress, and communicating with others.

DBT YOUTH GROUP. Every other Wednesday, 4:30 pm. All of the great skills and benefits of our adult DBT group, delivered in a youth-focused format.

LGBTQ* ADULT GROUP. Affirming therapy, interpersonal effectiveness skills, & education on resources.

LGBTQ* YOUTH GROUP. Affirming therapy, interpersonal effectiveness skills, & education on resources.

MINDFULNESS GROUPS (adults). Section 1: Every other Tuesday, 5:15 pm. Section 2: Every other Friday 5:15 pm. Section 3: Saturdays 5 pm. Our most popular group! Mindfulness improves overall health and helps with management of mental health. This group provides education and practical applications of mindfulness through movement meditation (Tai Chi and Qi Gong).

POST-TRAUMATIC STRESS THERAPY GROUP (adults). Every other Thursday, 5:15 pm. This group is for anyone who has experienced trauma big or small, whether or not they have a PTSD diagnosis. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss & related experiences. Reconnect with renewed meaning and purpose to improve your mental health.

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