

Shift Your Mind

Therapy Group for Adults

For adults who are ready to break through anxiety, depression, and self-doubt - and start creating the life they actually want.

How it works:

- Format: Open group + workbook
- When: Tuesdays 7:30-8:30pm EST
- Length: 8 week commitment. Add more sessions as needed.
- Where: Online via secure video
- Cost: \$50 a week. Self pay only, includes workbook. (Superbills available for out-of-network insurance reimbursement.)

Ready to get started?

Initial assessment session required before starting.

Schedule at: alcovementalhealth.com

Email: info@alcovementalhealth.com



ALCOVE
MENTAL
HEALTH

What You'll Get:

- Tools to manage anxiety, depression, and emotional overwhelm
- Ways to interrupt spirals of overthinking, avoidance, and self-sabotage
- A simple method for creating momentum in your life - even when motivation is low
- Confidence built through action, not perfection
- Clear, supportive steps for changing how you think, feel, and live

About the Approach:

- Each participant receives an 8-week workbook to guide learning and reflection at home
- Group sessions focus on real life application, with the support and insight of others
- This group blends CBT evidence-based tools with powerful perspectives to shift unhelpful thoughts, behaviors, and emotions

You will leave with:

- A toolbox of skills to regulate your thoughts, emotions, and behavior
- Clarity on what matters to you - and how to live it
- A sense of forward movement, even if you've felt stuck
- A personalized plan to keep growing after the group ends

This is more than traditional talk therapy. In this 8-week group, you'll learn powerful skills and perspectives to improve your mood, strengthen your mindset, and build lasting change — even if you've felt stuck for years.