Individual, Group, and Family Therapy

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Healing That Fits Your Life â?? Alone, Together, or as a Family

Therapy isnâ??t one-size-fits-all. Your healing shouldnâ??t be either.

Mental wellness doesnâ??t follow a single path. For some, healing begins in quiet, one-on-one conversations. For others, it grows in the shared stories of a support group. And for many, itâ??s rebuilt in the sacred space of family.

At **Share Wellness Center**, we offer **three powerful forms of therapy** â?? because healing should meet you where you are, not force you into a mold.

Individual Therapy: A Safe Space Just for You

Sometimes, you need a place where itâ??s just you and someone who truly listens.

Our **individual therapy** sessions provide a confidential, judgment-free space to explore your thoughts, emotions, and struggles. Whether youâ??re dealing with anxiety, depression, trauma, or just feeling stuck, your therapist will walk beside you â?? not to tell you what to do, but to help you discover your own strength.

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We use evidence-based approaches like CBT, DBT, and trauma-informed care â?? but what matters most is the relationship.
Because real change happens when you feel safe enough to be honest.

Group Therapy: You Are Not Alone

Thereâ??s power in knowing someone else understands.

Our **group therapy** sessions bring together people facing similar challenges whether itâ??s depression, addiction, grief, or life transitions. In a supportive, facilitated environment, youâ??ll share your story, hear othersâ??, and build connection, accountability, and hope.

Many clients say group therapy feels like â??finding their tribe.â?•
Itâ??s where shame loses its grip because you realize, â??Iâ??m *not the only one.â?*•

Family Therapy: Healing the Relationships That Matter Most

When one person struggles, the whole family feels it.

Family therapy helps parents, siblings, couples, and extended family members improve communication, rebuild trust, and strengthen bonds. Whether youâ??re navigating a childâ??s mental health crisis, marital conflict, or generational trauma, weâ??ll help you create a home where everyone feels seen, heard, and valued.

We donâ??t assign blame.
We build understanding.

How Do You Know Which Is Right for You?

Many of our clients benefit from a combination:

- Individual therapy to work on personal growth
- Group therapy to reduce isolation
- Family therapy to heal relationships

Our team will help you choose the path or paths that best support your healing.

No matter how you come, youâ??ll be met with compassion.

ð??? Call us to explore which therapy is right for you.

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