

FINDING LOVE FINALLY

REFRESH
Psychotherapy

STARTING AUGUST 5TH
THURSDAYS FROM 7:00PM-8:00PM

Have you had past relationships you now want to learn from so as to not repeat patterns?



Are there relationships you desire but your fears take over and prevent them from actualizing?

This 8-week virtual group is meant to assist you in feeling prepared to finally find love. Group members will practice live each week within this unique psychodynamic group format ways' to positively express thoughts and feelings for increased vulnerability and desired romantic deep attachment. You will have the opportunity each week to discuss not only relational desires but be provided tools and ongoing feedback. You will complete this group having ways to attain ideal relations along with increased insight into reasoning for current challenges.

If interested, please contact kelda@refreshtherapynyc.com



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Hello,

My name is Kelda Nelson and I am excited to announce Refresh Psychotherapy will be launching a virtual therapeutic group called **Finding Love Finally** facilitated by myself. As a Licensed Creative Art Therapist I have over a decade of professional experience assisting clients with their relationships utilizing a relational psychodynamic therapeutic approach.

This group will take place Thursday evenings from 7:00PM-8:00PM. We will meet weekly for 8 weeks starting August 5th. Are there relationships you desire but your fears take over and prevent them from actualizing? Have you had past relationships you now want to learn from so as to not repeat patterns? If any of the above you relate to this group may be a good fit for you. This group is meant to assist you in feeling prepared to finally find love.

Group members will practice live each week within this unique psychodynamic group format ways' to positively express thoughts and feelings for increased vulnerability and desired romantic deep attachment. You will have the opportunity each week to discuss not only relational desires but be provided tools and ongoing feedback. You will complete this group having ways to to attain ideal relations along with increased insight into reasoning for current challenges.

Should you be interested in the group, we can set up a 10 minute consultation to ensure the group is a good fit for you. Please email me at kelda@refreshtherapynyc.com

Sincerely,

A handwritten signature in black ink that reads "Kelda E. Nelson MPS, LCAT-ATR, BC".

Kelda E. Nelson, MPS.LCAT,ATR.BC