

REFRESH
Psychotherapy



AN 8-WEEK VIRTUAL PSYCHOTHERAPY GROUP

Starting Jan. 11th
Tuesdays 6pm-7pm

Facilitated by
Em Riveles, LCSW

Gender is a part of identity that many of us are coming to question and explore. The process of better understanding one's gender identity and expression can be complex and take place at many different points in our life. Often, this process can impact the way that we interact with family or loved ones. This may be even more so when faced with family members who might not understand the nuances of gender identity or may struggle to cope with our exploration process. While this experience can be isolating, Beyond the Binary will provide a safe space for individuals going through this experience and connect them to peers who are going through a similar experience.

If interested, please contact em@refreshtherapynyc.com



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My name is Em Riveles and I am a Licensed Clinical Social Worker (LCSW) at Refresh Psychotherapy. I am excited to announce that Refresh Psychotherapy will be offering Beyond the Binary, a psychotherapy group that will support individuals in exploring gender identity amidst family values that may differ from our own. The group will run for 8 weeks, beginning on Tuesday, January 11, 2022 from 6-7pm. The group will be facilitated virtually.

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With this group, participants will dive deeper into the many aspects that compose who we are in relation to our gender identity. As part of this process, participants will consider the role that family plays in how we view ourselves, including our culture, religion, ethnicity, race and other factors. Through this lens, participants will discuss how to uphold our gender identity as a unique individual while learning how to connect with family members.

If you feel that Beyond the Binary is a group that will be a good fit for your needs, feel free to reach out so we can schedule a brief consultation. I look forward to hearing from you!

Sincerely,

Em Riveles, LCSW

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