

# Healing Together

Eight-Week Hybrid Group Psychology Program



After 3 years of coping with and navigating the pandemic, we all have some shared trauma. **If you are experiencing fear or stress associated with anxiety and how to move forward**, join us for 8 weeks as we learn **adaptive coping skills in a group setting** where you can share your experiences and gain support from others.



We will offer a variety of resources and a safe place to share information and experience with general anxiety, social anxiety, panic attacks, coping skills, and more. This group experience can nurture connection and foster healing. **Come find peace together.**



Sessions are set up so **you can join in person or virtually**. Masks are required for in-person attendance. Join in the way you are most comfortable.

**Dates:** Every Thursday, starting 5/11/23 through 6/29/23 (8 sessions)

**Time:** 11:00 a.m. to 12:00 p.m. ET

**Check-In:** 10:45 a.m. ET

**Format:** Hybrid (you can join in person or virtually)

**Instructor:** Marissa Holsten, LCSW, MA, MSW

**In-Person Location:** Duke Integrative Medicine on the Center for Living Campus.

**Registration:** Call 919-660-6826 (Select Option 1) by 5/2/23

**Cost & Insurance:** Sessions will be billed through insurance. The actual cost to each participant per session will vary depending on the participant's insurance policy. Our financial care coordinator will be happy to contact you with information about your insurance benefits and your financial responsibility.

For in-person visits, masks are required. [Learn about the safety measures at all Duke Health locations.](#)

Duke Integrative Medicine

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