

Self Love

What is self love? How can YOU love yourself more? Together, we will explore what self love is as well as the following topics each week:

- Becoming Self Aware
- Finding Self Compassion
- Appreciating Self Care
- Building Self Respect
- Developing Self Trust
- Releasing Self Doubt
- Building Self Worth & Self Love
- Healing Relationships
- Embracing who YOU are



Group Facilitator:
Sarah English, LCPC

What is group therapy?

A safe space where a group of people can work together to learn how to overcome different challenges as it relates to mental health.



Self Love Group Therapy

for adult women



Today, as women, we often find ourselves taking care of children, pets, spouses/lovers, our parents, etc. We so generously give our time to others, yet we never find the time for ourselves. That is why I have created this group. This is a space for you to dedicate an hour to yourself while also actively working to take better care of yourself. I am an LCPC and have been with Guada Psychological Services since 2017, I have worked with a lot of women who have struggled with making space for themselves, which is what inspired me to finally start this group up. I have experience working with women and men of all ages along with a variety of diagnoses ranging from anxiety, depression, bipolar, ADHD, OCD, and PTSD. I love working in the mental health field as I have seen so many people thrive and make progress by putting hard work into themselves. I hope to meet you soon!

We are currently accepting new group members for our October group.

Please contact our office to schedule a 30-minute consultation to ensure group therapy is the next step for you!

Contact Us



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"To love oneself is the beginning of a lifelong romance." Oscar Wilde

Group Focus

Actively setting intentions for yourself. You will explore what self love, self compassion, self care, and self esteem truly mean. It is important to be open minded and honest with yourself in this journey as it can be challenging at times; but in the end it is worth it!

Group Goals

Gain an understanding of self love. Embrace who you are just the way you are. Throughout the weeks members will learn different techniques on how to build self compassion, release self doubt and learn to love themselves like never before. Members will be given different assessments, activities and affirmations that will help to gain insight, explore deep rooted beliefs and promote positivity.