

Group Counseling

Group counseling is often the place where people are introduced to the concept of talking about a problem. There is a feeling of relief when a person finds out that he or she is not the only one with certain feelings or going through a certain situation. Groups can help people open up or decide to pursue private sessions with a counselor.

Here's a sample list of some group topics:

Life in Africa is not about safaris and souvenirs every day - adjustment issues

Living instead of existing when there is turbulence in your country? What do you say to your small children and/or adolescents?

Help! I need to control my anger!

How do you deal with things that are happening with your family and loved ones in the States when you are so far away?

Other groups are available or can be developed and presented as the need arises.