

NEW BRAUNFELS COUNSELING CENTER



New Braunfels Counseling Center is now offering weekly open counseling groups. Please call (830) 625-0599 for more information and to reserve a space. ***All groups begin the week of October 7.***

Mondays

- 1) 5:30-7:00pm**
- 2) 7:00-8:30pm**

Anger Management

Offering two group times to learn techniques to explore, manage, and transform your anger
Group begins October 8

Tuesdays

5:30-7:30pm

Depression and Anxiety

A support, process, and skills training group for those living with anxiety and/or depression
Group begins October 9

Thursdays

6:00-8:00pm

Dialectical Behavior Therapy

Emphasizes balancing behavioral change, problem-solving, and emotional regulation with validation, mindfulness, and acceptance
Group begins October 11

43 Gruene Park Dr
New Braunfels, TX 78130

(830) 625-0599