

In Person Groups!!

Provided by Astor Therapist

Natalie Gmora-Nyman, MA, LCAT, RDT

Group Descriptions

Safety is the priority of these sessions. No one is required to share anything that they are not comfortable with. It is a judgment free space that focuses on activities and alternative ways of communicating and connecting with each other so we can improve our abilities.



Social Awareness and Action

Learn how to discuss important global and social issues, to have an impact on your community and the world!

Wednesdays from 2:20-3:20 in room 108

Creative Arts Therapy (CAT)

A safe and fun way to express yourself and connect with each other about what really matters to you!

Thursdays from 2:20-3:20 in room 108

Expression Session

It's like an open mic, but better! Bring your instruments, your poetry, your art, or anything you would like to share. Bring your attention! This is also a group about witnessing and enjoying what others have to offer in a supportive space.

First Fridays of the month from 2:20-3:20 in the Audion