

# Adult Interpersonal Relations Process Group

## *Building/developing interpersonal communications*

- A safe and supportive environment where the focus will be on learning to “share your thoughts and feelings in the moment”
- Learn how to have deeper connections with others in the moment
- Gain Greater self-awareness, confidence and the ability to be more successful in relationships.
- This group will provide the opportunity for members to talk about topics that matter to them, such as: Family relationships, romantic relationships, work-related issues, social isolation, hope for the future and defining goals.

*Constantine (Dino) Kazos, LMFT group facilitator. “ I follow a group approach modeled after Louis Ormont Ph.D. and founder of the Center for Group Studies in NYC”.*

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[Fridays 6pm – 7:20pm](#)

[165 Arch Street Redwood City](#)

80 min Session \$50 – Sliding scale available.