

CALLLEN-LORDE

Support Groups and Group Therapy – New York City

Virtual Groups

BCS Group

<https://bcsnygroup.com/group-therapy/>

P: 718-232-8600

E: appointments@bcsnygroup.com

Schedule: See website for current group offerings.

Cost: Most insurance plans accepted; self-pay also available. Contact office directly.

Enrollment: Complete contact form on website at <https://bcsnygroup.com/group-therapy/contact/>

Examples of Past Groups: Women of Color; Empowerment and Self-Esteem; Support and Empowerment for Domestic Violence Survivors; Mindfulness for Anxiety & Stress; New Motherhood Support Group; LGBTQAI+; Life During a Pandemic; Obsessive Compulsive Disorder (OCD); Surviving Sexual Assault; Empowerment Group for Teachers; Grief Support Group; Post-partum Support Group; Learning to Live with Lyme Disease; Men's Anxiety Support Group; Self-Confidence Group; Cooking Therapy

Kind Mind Psychology

<https://www.kindmindpsych.com/group-therapy/>

P: 646-918-1181

E: hello@kindmindpsych.com

Schedule: See website for group offerings.

Cost: Varies; see website or contact office for details.

Enrollment: Contact office to schedule an intake.

Examples of Past Groups: Adult DBT Skills Group

Mindful Care

<https://mindful.care/mindfit-group-therapy>

P: 516-559-4041

Schedule: See website for group offerings.

Cost: Insurance accepted through most providers. Self-Pay is \$35/session.

Enrollment: Sign up online or contact office.

Examples of Past Groups: Calm (Anxiety Group Therapy); Rise (Group Therapy for Life's Challenges); Hope (Depression Group Therapy); Shine (LGBTQA+ Support Group); Connect (Group Therapy for Healthy Relationships); Recover

(Substance Use Group Therapy); Wise (Skills Group for Handling Tough Emotions); Balance (Bipolar Disorder Group Therapy); Safe (Group for Individuals with Trauma)

National Alliance on Mental Illness (NAMI)

<https://www.naminycmetro.org/support-groups/>

505 Eighth Avenue, Suite 1103

New York, NY 10018-4541

P: 212-684-3264

E: helpline@naminyc.org

Schedule: See website for group offerings.

Cost: All groups are free of charge.

Enrollment: No formal enrollment necessary. See website for details.

Examples of Past Groups: LGBTQ+; Family & Friends of People with Mood Disorders; NAMI Connection 55+; Black Minds Matter; Asian Americans & Pacific Islanders; Hearing Voices; Living with Bipolar; Living with Anxiety & Depression; Job Talk; Familiares y Amistades; Parents of Children & Young Adults; Spirituality Speaks; Pet Therapy

Resilience Lab

<https://www.resiliencelab.us/support-groups/>

P: 833-775-6252

E: carecoordinator@resiliencelab.us

Schedule: See website for group offerings.

Cost: Varies; see website or contact facility for details. Accepted insurances vary by group. Sliding scale available for some groups.

Enrollment: Varies; see website or contact office for details.

Examples of Past Groups: Eating Disorder Recovery Support Group; Queer Support Group; Support Space for Queer Folx During the Holiday Season; Break Free from Addictive Thinking; DBT Skills; Sexual Healing; Anxiety & Depression; Parents of Children in Treatment; Navigating Stress & Loneliness; CXOs Support Group; Women's Support Group

Taproot Therapy

<https://www.taproottherapynyc.com/>

E: annie@taproottherapynyc.com

Schedule: See website for current group offerings.

Cost: Varies by group. Cigna and Aetna accepted. Contact office with any financial questions.

Enrollment: Contact office directly to schedule a consultation.

Examples of Past Groups: DBT for Disordered Eating; DBT for Teens; Support and Strategy Group for Parents of Children with ADHD; Social Anxiety Micro Group; DBT/Coaching Group for Lesbians, WLW, and AFAB Non-binary Queer Individuals; Dialectical Behavior Therapy Skills Group

Manhattan

Ackerman Institute for the Family – Gender & Family Project (GFP)

<https://www.ackerman.org/research/gfp/gfp-support-groups-trainings/>

936 Broadway, 2nd Floor

New York, NY 10010

P: 212-879-4900, Ext. 150

E: ssanabia@ackerman.org (Sanniel Sanabia, GFP Program Coordinator)

Schedule: See website for group offerings. Some groups offered in Spanish.

Cost: Varies, based on income.

Enrollment: Call facility to schedule intake.

Examples of Past Groups: Support Group for Parents of Adolescents; Support Group for Gender Expansive and Transgender Adolescents

Bloom Psychotherapy NYC

<https://www.nycbloomtherapy.com/groups>

19 W 34th St

New York, NY 10001

P: 347-921-0431

E: info@nycbloomtherapy.com

Schedule: See website for group offerings.

Cost: Varies. See website or call office for details.

Enrollment: Contact office for details.

Examples of Past Groups: It's Giving Burnout (Burnout Group)

The Center for Optimal Living

<https://www.centerforoptimalliving.com/group-therapy>

370 Lexington Ave #500

New York, NY 10017

P: 212-213-8905

E: intake@cfol.org

Schedule: See website for group offerings.

Cost: Contact facility for details.

Enrollment: Contact facility to schedule individual assessment.

Examples of Past Groups: Women's Group; Young Adult Women's Process Group; Harm Reduction Process Group; Women's Resilience Group; DBT Group; Men's Harm Reduction Process Group; Wellness Self-Management Plus; Family Group

The Center: The Lesbian, Gay, Bisexual, & Transgender Community Center

<https://gaycenter.org/calendar/>

208 W 13th St

New York, NY 10011

P: 212-620-7310

Schedule: See website for group offerings.

Cost: All groups are free of charge.

Enrollment: Varies; see website or contact center for details.

Examples of Past Groups: NA; AA; CMA; Center Youth: Rainbow Room; Live and Let Live in Al-Anon; Pride Toastmasters; Queer and Kind Group of AA; Identity House Walk-In Center; Center: Let's Process!; Center Support: Voices; Immigration Support Group; Zen Zone; Amigos TransMasculinos Latinos; LGBT Reading Group

The Gender & Sexuality Therapy Center

<https://gsttherapycenter.com/group-services>

455 West 23rd Street, Suite 1E

New York, NY 10011

P: 646-797-4340

E: reception@gsttherapycenter.com

Schedule: See website for group offerings.

Cost: Varies; see website or contact office for details.

Enrollment: Call office to schedule an initial call or complete scheduling form online at

<https://fs28.formsite.com/bcss/gstc-schedule/index.html>.

Examples of Past Groups: Understanding Our Attachment Styles; Queer Men's Processing Group; Radical Mental Health: A Group for LGBTQ+ People of Color; Mental Health from LGBTQIA+ Latinx Perspectives; Exploring Privilege for w/White Cis Gay Men

Graymatters Medical Practice

<https://graymattersmd.com/resources/>

19 W 21st St, Suite 1003

New York, NY 10010

P: 917-740-5287

E: office@graymattersmd.com

Schedule: See website for group offerings.

Cost: Varies; see website or contact office for details.

Enrollment: Call or email office.

Examples of Past Groups: Personal Transformation Through the Enneagram; Medication Management Group; Black Folx Deserve a Space to Breathe; The Anime Explorers' Club; We Are Miracles: TGNC*+ Open Process Group

Harris and Long Psychotherapy

<https://www.harrislong.com/groupwork>

202 W 40th St, Suite 403

New York, NY 10018

P: 917-382-0333

E: info@harrislong.com

Schedule: See website for group offerings.

Cost: Varies; see website or call office for details.

Enrollment: Varies; see website or call office for details.

Examples of Past Groups: Parenting in the Pandemic; Tuesday Teen Talks

Institute for Human Identity

<https://www.ihitherapy.org/services>

322 8th Ave, Suite 802

New York, NY 10001

P: 212-243-2830

E: info@ihitherapy.org

Schedule: See website for group offerings.

Cost: Varies; see website or call facility for details.

Enrollment: Call facility to enroll.

Examples of Past Groups: QTPOC Group; TGNC Support Group; Gay men's Psychotherapy Group

KIP Therapy

<https://www.kiptherapy.com/groups>

120 W 31st St, 3rd Floor

New York, NY 10001

E: info@kiptherapy.com

Schedule: See website for group offerings.

Cost: Varies. See website or contact office for details.

Enrollment: Contact office or complete request form online.

Examples of Past Groups: Beyond Monogamy; BIPOC Men's Group; Queer & Questioning Adolescents' Group; Transgender & Gender Expansive Group; Queer Men's Group; Personal Narrative Therapy Group; Queer Women's Group

Manhattan Alternative Wellness Collective (Dulcinea Alex Pitagora, PhD, LCSW, CST)

<https://www.dulcineapitagora.com/dbt-program>

110 Lafayette St, Suite 501

New York, NY 10013

P: 917-675-3446

E: therapy@dulcineapitagora.com

Schedule: See website for group offerings.

Cost: Contact office for details.

Enrollment: Complete application online at <https://www.dulcineapitagora.com/dbt-group-application>.

Examples of Past Groups: DBT Mindfulness Skills Group; Standard DBT Skills Group; Abbreviated DBT Skills Group; Graduate DBT Skills Group

MCM Collaborative Psychotherapy

<https://mcmcollab.com/services/>

116 W 23rd St, 5th Floor

New York, NY 10011

P: 332-333-5090

E: info@mcmcollab.com

Schedule: See website for group offerings.

Cost: Contact office for details.

Enrollment: See website or contact office for details.

Examples of Past Groups: The Return (Black queer and trans group)

Metropolitan Center for Mental Health

<https://www.metropolitancenter.com/services/>

- 1090 St. Nicholas Ave
(BH&SU)
New York, NY 10032

- 160 W 86th St (BH)
New York, NY 10024

- 336 Central Park West
(BH)
New York, NY 10025

P: 212-543-0004

Schedule: Contact facility for group offerings.

Cost: Contact facility for details.

Enrollment: Contact facility for details.

Mountainside

<https://mountainside.com/community/events/support-groups/>

243 W 18th St

New York, NY 10011

P: 646-650-5080

Schedule: See website for group offerings.

Cost: All groups are free of charge.

Enrollment: Sign up online or contact office.

Examples of Past Groups: Facing Recovery; Recovery Support Groups; Step Into Recovery; LGBTQ Recovery; Recovery Share Night; AA Meetings; Healing Through Remembrance; Family and Friends; Spouses and Partners

myTherapyNYC – Counseling & Wellness

<https://mytherapynyc.com/group-therapy-nyc/>

928 Broadway, Suite 806

New York, NY 10010

P: 646-449-0491

E: info@mytherapynyc.com

Schedule: See website for group offerings.

Cost: Varies; contact office for details. BCBS insurance accepted.

Enrollment: Contact office to schedule phone consultation.

Examples of Past Groups: Meditation and Mindfulness Group; Gay Men's Therapy Group

NYC Affirmative Psychotherapy

<https://www.nycaffirmativepsychotherapy.com/groups>

19 W 34th St

New York, NY 10001

P: 347-625-5020

E: contact@nycaffirmative.com

Schedule: See website for group offerings.

Cost: Varies; see website for details or contact office.

Enrollment: Varies; see website for details or contact office.

Examples of Past Groups: Affirming LGBTQ: Living with HIV; Beyond the Binary (Non-Binary BIPOC Support Group); Survivors' Circle; Black Men Support Space; BIPOC Support Space; SWANA Cis and Trans Women's Group; Trauma Exploration and Imagination Reclamation Group; Creating a New Normal; Real Race Talk; Gender Expansive Healing Circle with Visual Arts

Bronx

Postgraduate Center for Mental Health

<https://www.pgcmh.org/outpatient>

- 1775 Grand Concourse
Bronx, NY 10453
P: 212-665-1860

- 71 W 23rd St
New York, NY 10010
P: 212-576-410

Schedule: Contact center for group offerings.

Cost: Contact center for details.

Enrollment: Contact center for details.

Brooklyn

Brooklyn Community Pride Center

<https://lgbtbrooklyn.org/mec-category/support-groups/>

- 1360 Fulton Street, Ground Floor
(on New York Avenue between Fulton and
Herkimer)
Brooklyn, New York 11216

- 1561 Bedford Avenue, Suite Ground A
(Located within the Major Owens Community
Center)
Brooklyn, NY 11225

P: 347-889-7719

Schedule: See website for group offerings. Some groups are held virtually.

Cost: All groups are free of charge.

Enrollment: Varies by group; see details on website, or call office.

Examples of Past Groups: TGNC Adult Support Group; Alternatives to Suicide; Co-Dependents Anonymous; LGBTQ+ Safe Spaces and Conversations During COVID; BiRequest Discussion Group; Q Chat Space en Español; Q Chat Space for Youth of Color; Transpire; Brooklyn G.H.O.S.T. Project

Greene Clinic

<https://www.greeneclinic.com/groups>

89 Fort Greene Place, 2nd Floor

Brooklyn, NY 11217

P: 646-470-1853

E: info@greeneclinic.com

Schedule: See website for group offerings.

Cost: Varies; see website or contact office for details.

Enrollment: Contact facility for details.

Examples of Past Groups: DBT; Adjustment to Motherhood

Groundwork Therapy

<https://www.groundworktherapybrooklyn.com/group-therapy>

1000 Dean St, Suite 226

Brooklyn, NY 11238

E: info@groundworktherapybrooklyn.com

Schedule: See website for group offerings.

Cost: Varies; contact office for details.

Enrollment: Complete contact form on website.

Examples of Past Groups: Understanding Self and Others; Expressive Arts Therapy Group

Liberation-Based Therapy

<https://www.liberationbasedtherapy.com/offerings>

590 Flatbush Ave, 14S

Brooklyn, NY 11225

P: 917-722-2392

E: info@liberationbasedtherapy.com

Schedule: Contact office for group offerings.

Cost: Contact office for details.

Enrollment: Contact office for details.

Rottenberg Psychotherapy Mental Health Counseling

34 Plaza Street E, P108

Brooklyn, NY 11238

P: 203-518-4177

E: sary@rottenbergtherapy.com

Schedule: Contact office for group offerings.

Cost: Contact office for details.

Enrollment: Contact office for details.

Transcendent Self Psychotherapy

<https://drkateriberasi.com/services>

109 N 12th St

Brooklyn, NY 11249

P: 914-979-1731

Schedule: See website for group offerings.

Cost: \$75/session

Enrollment: Contact office for details.

Examples of Past Groups: Womxn's Group; Queer Group

Staten Island

Pride Center of Staten Island

<https://www.pridecentersi.org/calendars>, <https://www.pridecentersi.org/counseling>,
<https://www.pridecentersi.org/tge-support-services>

66 Willow Ave, Suite 202

Staten Island, NY 10305

P: 718-808-1360

E: gbrooks@pridecentersi.org (Golden Brooks, TGE Specialist & Counseling Program Coordinator)

Schedule: See website for group offerings.

Cost: All groups are free of charge.

Enrollment: Contact facility for details.

Examples of Past Groups: Decolonization Collective; Women of Worth Group; Bereavement Group; Transcendence; G-Spec; Trans Male Group; Families in Transition; Grief Space; Spiritual Pride; Intergenerational Rainbow Connection; Grrrl Power Group; Grrrl Power Saturday Skills Series; Grrrl Power Activism Series