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](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](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/](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://gstherapycenter.com/group-services](https://gstherapycenter.com/group-services)  
455 West 23rd Street, Suite 1E  
New York, NY 10011  
P: 646-797-4340  
E: reception@gstherapycenter.com  
*Schedule*: See website for group offerings.  
*Cost*: Varies; see website or contact office for details.  
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
Updated: April 19, 2023

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