

Virtual Therapy Group

Join our Interpersonal Process Group starting in February 2026!

This group, limited to just 10 participants, offers a unique opportunity to explore interpersonal dynamics and enhance emotional well-being. To secure your spot and learn more, contact the facilitators to schedule a complimentary 15-minute phone consultation.

Virtual meetings will occur every Tuesday from 9 a.m. to 10:20 a.m., from February to May 2026.

Cost:
\$65 per group session
\$165 for required intake session(s)

Some insurance plans accepted.

You must be in NC at time of the sessions.

Ready to better understand yourself and build stronger connections?

Research shows that interpersonal process groups can help clients achieve goals such as:

- Better, authentic relationships
- Increased self-compassion and confidence
- Healthier boundaries
- Improved trust and connection



Leslie Veach
LCMHCS, CGP



Matt Case
LCMHC

Spaces are filling fast, so reach out today!

Secure Message
veachcounseling.com

or
call 336-775-7881