

Rediscovering Connection

AN ONGOING

Weekly Women's Group

led by Danielle Carioto, LPC, NCC

Sundays 9:00am–10:00am

Starts July 10th

via private Zoom link



Email jgiuffrida@emergetherapypgh.com for more info or reserve your spot.

What:

We have all experienced isolation of some sort over the past several years.

This group is an opportunity for women to connect with one another, support each other, build a sense of community and deepen connection to one's self in the process. This group will explore issues faced by women and collectively navigate through those experiences, guided by Danielle Carioto, LPC, NCC. The group will be a combination of some free form discussions and some structure with the use of materials, readings and exercises.

Where:

Online through Zoom

When:

Ongoing, weekly Sundays 9:00am-10:00am

Who:

Women interested in connecting with and supporting other women. This will be an open group and ongoing group, so the participants may vary over the course of the group.

Cost:

Covered, or partially covered by some insurances.

We can assist in verifying your benefits.

Private pay rates are \$40 per session.

**For additional questions or to sign up, contact us at:
jgiuffrida@emergetherapypgh.com**



Danielle Carioto, LPC, NCC

I am a Licensed Professional Counselor (LPC) and a Nationally Certified Counselor (NCC) have experience with a variety of settings and populations.

I am certified in DBT which is particularly useful for behavior modification when treating individuals and families who struggle with addiction, mood disorders, self harm, etc.

I am both a Certified Clinical Trauma Professional (CCTP) and Certified Family Trauma Professional (CFTP), which allows for me to effectively dive into trauma work, which is often the root of much of the mental health dysfunction existing today. Working towards the root cause can lead to significantly improved outcomes.

I have worked in the drug and alcohol field for 31 months and been exposed to a multitude of situations.

I have a broad-based perspective on mental health and use a holistic approach when working with individuals. I find it important to increase not only mental health, but also physical and spiritual health.

Being a Pittsburgh native, I feel passionate about serving the community. Together we will build a safe and open environment to explore and process whatever it is that brings you to Emerge.