

Mind-Body Groups

AT WHITMAN-WALKER HEALTH



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we see you.

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Group therapy offers a supportive space to slow down, tune in, and reconnect with yourself and others. Using mind-body, somatic, and mindfulness-based practices, these groups help you notice how emotions, stress, and life experiences show up in the body. Through guided reflection, grounding exercises, gentle movement, and shared discussion, learn practical skills to regulate the nervous system, increase self-awareness, and build resilience. These group offerings emphasize curiosity, compassion, and connection—helping people develop healthier ways to relate to their thoughts, emotions, and physical sensations while feeling supported.

To connect to groups at Whitman Walker, schedule a BH consult by:

1. Self-Schedule through MyChart
2. Ask your WWH provider for a referral
3. Text **202-939-7668** to ask **Adam** for more info

Stress Reduction

(Virtual or 14th St)
Tuesday, Wednesday,
and Thursdays mid-day

Trans Stress Reduction

(Virtual)
Monday evenings

Understanding Your Nervous System

(14th St)
Rotating cycle

Somatic Slow Down

(Virtual)
Wednesday mid-day

Healing from Within

(14th St)
Rotating cycle

Befriend Your Internal Parts

(14th St)
Rotating cycle

