

Consensual Non-Monogamy Support Group



This group is a place for Consensually Non-Monogamous (CNM) individuals to discuss the challenges and strengths of practicing CNM. The group will be limited to 10 people to allow for intimate discussion and group cohesion. Specific topics will depend on the group members' preferences, but might include Managing Jealousy, Dealing with Breakups/Relationship Transitions, Improving Communication, Mono/Poly Relationships, Parenting as a CNM Individual, and Developing and Maintaining Intimacy.

- What questions do you have and what experiences would you like to share?
- The group facilitator encourages collaboration and is trained in attachment theory, lifespan development, and mindfulness.

90-minute sessions

\$50/session (minimum 4-week commitment)

Weekday & Time TBD based on members' preferences

For more information or to sign up, please contact:

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