



THE FOUNTAIN HILL CENTER

For Counseling and Consultation

We provide pathways to healing and transformation, both personal and relational, through diverse and innovative therapeutic, educational, evaluative, and consultative services.

www.fountainhillcenter.org

Restore: Women's Anger Support Group



Tacia Knoper

My mission is to help individuals and families face challenges in a safe and supportive environment – to not only tackle their current situation, but to gain the necessary tools to cope with future problems.

Tacia is a limited license professional counselor who has been involved in a wide range of counseling experiences both individually and in collaboration with others in the human services field, making it possible to offer a unique therapeutic experience for each client.

Every Wednesday, 9:30am-11:00am
534 Fountain St Ne, Grand Rapids, MI 49503

About

This group is a psycho-education group that will focus on behaviors related to conflict and abuse. The group is on-going (you can join anytime) and lasts for 16 weeks with an hour and a half each week. Each member will be required to meet with one of the therapists for an intake/assessment session to ensure a good fit for the group. **The fee is based on income using a sliding scale from \$40-\$60 per session and \$70-\$90 for the intake session. Some insurance accepted upon approval.**

Topics

Anxiety | Anger Awareness and Body Awareness | Conflict Resolution
Communication | Emotions | Healthy Relationships | Journaling
Repair | Stress Management | Self Concept | Self Soothing | Triggers

Register

Call (616) 456-1178 to sign up. This group will be held at the Fountain Hill Center offices in Grand Rapids. Please call or visit the website above for detailed information on parking and directions.



Tracy Thompson

My role is to come alongside you and try to holistically meet you at your point of need.

Tracy is a Limited License Professional Counselor. She received her Bachelor of Science degree in Psychology from Trevecca Nazarene University and received her Masters degree in Community Counseling from Western Michigan University.

Tracy has experience working with women both in groups and individually. Tracy has worked with women who have a variety of issues relating to relationships, trauma and substance abuse.