

Open Support Groups

by Counseling with Riya

Open, supportive spaces guided by a counselor where people come together to share, connect, and grow through real conversations and simple reflective practices

1. The Reset Circle

Who it's for: Anyone feeling overwhelmed by stress or burnout

Format: Monthly group (virtual & in-person options)

What happens: Guided relaxation, peer sharing, practical stress-reset practices

Why it works: A recurring “pause button” for people to breathe, reflect, and recharge together.

2. Sunday Evening Real Talk

Who it's for: Young professionals & students navigating work-life chaos

Format: Casual weekly online meet-up (end of weekend, start of week)

What happens: Honest conversations about pressure, identity, and balance; includes mini well-being practices

Why it works: Relatable timing — transforms “Sunday scaries” into a supportive ritual.

3. Parent Recharge Room

Who it's for: Parents juggling roles, responsibilities, and exhaustion

Format: Bi-weekly meet-up (in-person/online hybrid)

What happens: Shared stories, boundary-setting discussions, short calming exercises

Why it works: Parents rarely get spaces *for themselves* — this is a guilt-free “self-care support group.”

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Transforming Wellness, One Workshop at a Time.

4. The Empathy Exchange

Who it's for: Anyone struggling with relationships — work, family, or friendships

Format: Monthly interactive session (small groups of 10–15)

What happens: Guided role-reversal games, perspective-sharing, reflection circles

Why it works: Makes empathy a lived experience, not just a concept.

5. Creative Healing Collective

Who it's for: Teens & young adults (15–25) seeking expressive outlets

Format: Monthly in-person/virtual hybrid

What happens: Journaling, art, or music-based group activities with space for sharing feelings

Why it works: Creative expression lowers resistance, making it easier to open up and feel supported.

Why Choose Counseling with Riya?

- US-trained Counselling Psychologist with Bachelor's + Master's in Psychology
 - Global expertise, adapted for the Indian workplace
- Workshops designed to be engaging, practical, and science-backed
- Can be conducted offline or online, tailored to your organization's needs

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