*In-network with most major insurance plans!

wholehearted
HEALING COLLECTIVE

No Bad Parts:
Parts Work Group

Tentative Start Date: 6/15/26

Monday 7pm	Virtual Biweekly	8 Session Commitment

What is this group?

No Bad Parts is a psycho-educational and process group based on the Internal Family Systems therapy modality by Richard Schwartz. No Bad Parts aims to dive into the concepts of IFS through an 8-week curriculum. Some of the topics that will be explored within the group include identifying various parts of yourself, mapping your parts and how they relate to each other, examining burdens and the process of unburdening and connecting with your core self. Each session will focus on a new concept that will be discussed and processed among members.

Who is this group for?

No Bad Parts is seeking adult members who are curious about exploring themselves more in an alternative way. There is no prior background or knowledge in IFS that is needed, although those with an understanding of it are welcome to join. This group is also suitable if you've never experienced prior individual or group therapy. Simply come with openness and intention to examine the different parts of yourself in a group setting amongst others.



Interested?
Link in bio to get started!

Facilitator: Justin Croak
Licensed Clinical Social Worker