

Request for Group Therapy Session

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Phone Number]

[Date]

[Therapist's Name]

[Therapist's Address]

[City, State, Zip Code]

Dear [Therapist's Name],

I hope this message finds you well. I am writing to formally request a group therapy session for myself and additional participants who may benefit from the support and guidance of a group setting. We believe that sharing experiences and coping strategies with others facing similar challenges can be invaluable.

Please let us know your availability and any prerequisites for joining the group therapy sessions. We appreciate your assistance and look forward to hearing from you soon.

Thank you for your consideration.

Sincerely,

[Your Name]