

[Your Name]  
[Your Title/Position]  
[Organization Name]  
[Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

[Recipient's Name]  
[Recipient's Address]  
[Recipient's City, State, Zip Code]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to invite you to participate in our upcoming group therapy sessions at [Location/Organization Name], designed to provide a supportive and nurturing environment for individuals facing similar challenges.

**\*\*Details of the Group Therapy Sessions:\*\***

- **\*\*Start Date:\*\*** [Date]
- **\*\*Time:\*\*** [Start Time] to [End Time]
- **\*\*Location:\*\*** [Address/Room]
- **\*\*Facilitator(s):\*\*** [Name(s) and Credentials]
- **\*\*Duration:\*\*** [Length of Session]

The purpose of these sessions is to foster connection, understanding, and growth among participants. We will explore various topics such as [list topics] and provide tools to help you navigate [specific issues]. Please RSVP by [RSVP Date] to confirm your attendance, as space is limited. You can reply to this email or contact me directly at [Phone Number].

We believe that sharing experiences in a group setting can be incredibly beneficial, and we would love for you to be part of this journey.

Warm regards,

[Your Name]  
[Your Title/Position]  
[Organization Name]  
[Contact Information]