



Sentier Psychotherapy Launches Summer Group Therapy and Workshop Schedule in St. Paul

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Sentier Psychotherapy has announced an expanded lineup of summer group therapy sessions and workshops for children, teens, and adults beginning in June 2026. The St. Paul-based practice is now accepting new clients across multiple groups, including programs focused on teen anxiety management, LGBTQIA+ peer support, DBT skills, and a creative comedy-based group designed to help teens explore emotions through humor.

The summer schedule spans a range of therapeutic focuses and age groups. The Teen Calm Group, which addresses anxiety in adolescents, begins in June 2026 and is currently accepting new clients. The Teen LGBTQIA+ Support Group and a one-time Teen DBT Skills Workshop are also open for enrollment. A unique addition to the summer lineup is a comedy group for teens ? titled Finding the Funny: Using Comedy to Explore Emotions ? which begins in September 2026. For younger clients, a Kid Calm Group is accepting registrations for fall 2026. This fall 2026, adults can access a perimenopause support group addressing the physical and emotional dimensions of midlife transitions, a parenting support group for caregivers of elementary-aged children, and a support group for LGBTQIA+ parents. All groups are offered through Sentier's St. Paul clinic at 475 Cleveland Ave N, Suite 103, with some sessions available via telehealth for

Minnesota residents.

Sentier Psychotherapy has operated in the Twin Cities for more than 15 years and has developed a clinical reputation for offering group modalities that combine evidence-based frameworks with formats clients find genuinely engaging. The practice provides services across a wide spectrum, including individual therapy, teen and adolescent counseling, trauma therapy, EMDR, LGBTQIA+-affirming care, autism assessments for ages 16 and up, grief therapy and family therapy. Referring therapists throughout the Twin Cities region have consistently directed clients to Sentier's groups as an adjunct or alternative to individual therapy, and many clients return to the practice specifically for its group programming.

"Individual therapy is wonderful, though it cannot replicate the social nature of a group setting. Our therapists are enthusiastic about creating spaces for connection and growth for our clients and currently have a lot of momentum to create dynamic groups and workshops," said Sarah Souder Johnson, Education Manager at Sentier Psychotherapy.

The expansion of Sentier's group offerings reflects ongoing demand from the broader therapeutic community in the Twin Cities. Referring clinicians have cited the practice's ability to deliver group experiences that are clinically sound and structured in ways that support client engagement and retention. Sentier's groups serve populations across different life stages ? from children with behavior concerns to middle schoolers navigating identity and social anxiety to adults managing significant transitions ? positioning the practice as a versatile referral resource for other clinicians. The diversity of group formats, from skills-based workshops to peer support and creative therapeutic approaches, reflects the practice's effort to meet clients where they are rather than offering a one-size-fits-all model.

"Many therapists refer to Sentier because of our well-established reputation for providing clinically sound as well as fun groups for clients. Sentier is a go-to practice for therapists in the community, and clients return because of the helpful groups that our therapists are able to provide," said Megan Sigmon-Olsen, owner of Sentier Psychotherapy.

Individuals interested in enrolling can view the full group schedule and workshop dates on the Sentier events calendar. Current openings exist across multiple groups for the summer 2026 season. Sentier Psychotherapy accepts referrals from outside clinicians and welcomes direct inquiries from prospective clients.

Sentier Psychotherapy provides individual, group, and family therapy services to children, adolescents, and adults in the Twin Cities area. The practice specializes in teen counseling, LGBTQIA+-affirming care, trauma therapy, autism assessments, and therapeutic groups across a range of clinical focuses. Sentier is located at

475 Cleveland Ave N, Suite 103, St. Paul, MN 55104. For more information, visit Sentier Psychotherapy or view the current group therapy schedule.

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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