

Group Therapy Associates Unveils the GTA Wellness Suite:

A Unique Therapy Subscription Service Blending In-Person Support with Online Resources



Washington, D.C, District of Columbia Aug 20, 2024 ([Issuewire.com](https://www.issuewire.com)) - In celebration of National Black Business Month, [Group Therapy Associates](https://www.grouptherapyassociates.com) (GTA), an industry-leading Black woman-owned mental health company, proudly announces the launch of the [GTA Wellness Suite](https://www.gta-wellnesssuite.com). An innovative mental health subscription service designed to cater to individuals, couples, and families seeking a holistic approach to wellness. This new offering marks a significant step in providing accessible, comprehensive, and culturally relevant mental health support.

The GTA Wellness Suite is a carefully curated subscription service that extends the traditional therapy model, offering a unique combination of personalized therapy, digital tools, and culturally relevant content created by BIPOC therapists. With subscription plans starting at less than \$100 per month, members will have access to discounts and priority scheduling for therapy and coaching services, an online course library featuring on-demand videos, and downloadable workbooks. The Wellness Suite Library also offers members guided meditations, therapist-designed homework, journal prompts, and discounts for live virtual workshops.

Founded and led by Esther Boykin, a highly respected leader in the field of Marriage and Family Therapy, GTA is committed to offering inclusive and innovative mental health solutions. Esther's extensive background includes notable work as a speaker, facilitator, and consultant with universities, nonprofits, and major corporations such as Verizon and Vonage, and her influence extends across various media platforms, including The Today Show and Essence. As a respected advocate in the mental health field, Esther's leadership drives the ethos of GTA, ensuring that therapy is both accessible and deeply relevant.

What sets the GTA Wellness Suite apart is its integration of the best elements of traditional therapy with the convenience of online resources. This hybrid approach ensures clients receive comprehensive support that is both accessible and flexible. Special packages are also available for specific life transitions, such as [college students](#) navigating academic and personal changes, and individuals dealing with [divorce and separation](#).

"The GTA Wellness Suite is designed to capitalize on the value of technology while keeping human connection at the center of what we do," said Esther Boykin. "In a world where accessibility and cultural attunement in mental healthcare are more critical than ever before, our goal is to provide a space where everyone can find support tailored to their unique experiences and financial means. Diversity goes far beyond just race and culture and I am excited to continue to grow our services to include more specialized care and opportunities for community connection that honors the many facets of our clients' identities."

Based in the DC Metro area, GTA offers options for online therapy and coaching as well as in-person therapy sessions in their Washington, DC, and Northern VA locations.

For more information about the GTA Wellness Suite and to explore membership options, visit www.grouptherapyassociates.com.



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