



RELATIONSHIP LAB

A long-term, experiential group therapy process

Facilitated by **Olga Klimenkova, RP**

WHAT IT IS

A space to explore how you relate to others—not in theory, but in real time. The group has no fixed topic. Themes emerge from what each person brings. How we connect, hesitate, speak up, pull back, interrupt, or go quiet—all becomes material for reflection.

The group becomes a relational mirror and a safe lab to try new ways of being with others.

It's experiential, relational, and alive—just like life.

HOW TO JOIN

All participants begin with an individual interview to ensure a good fit.

To inquire or schedule an initial meeting:

oklimenkova@gmail.com

WHO IT'S FOR

This group may be a good fit if you:

- Long for deeper connection but often feel alone
- Struggle with starting, sustaining, or ending relationships
- Feel overwhelmed by boundaries
- Feel anxious or withdrawn in social contexts
- Repeat patterns you don't fully understand

You don't need to be in crisis. If you're curious about yourself and open to growing your relational awareness, this group may nourish you deeply.

DETAILS

- ✓ September 2025
- ✓ Downtown Toronto (TBD later)
- ✓ Every other Monday
- ✓ 3 hours, 6-9pm
- ✓ 7-10 people
- ✓ 9 months
- ✓ \$250/month
- ✓ Sessions may be reimbursed with most insurance providers

E-mail to contact: **oklimenkova@gestaltmail.ca**

ABOUT FACILITATOR

I'm Olga Klimenkova, a Registered Psychotherapist in private practice. Gestalt therapy has shaped my life for over 15 years—from client to therapist.



My group work is rooted in lived experience—in Belarus and Ontario—and in the belief that we grow through honest, supportive connection.

You can learn more about me at <https://www.bealivetherapy.ca/>

WHAT YOU MIGHT GAIN

- A clearer sense of how you impact others—and how they impact you
- Insight into unhelpful patterns and where they come from
- More confidence to express needs, set boundaries, and connect authentically
- Experience of being seen, met, and supported
- Greater tolerance for emotional intimacy and healthy conflict
- A sense of belonging—not by fitting in, but by showing up

These shifts don't come from advice or quick fixes—but from sustained relational practice in a supportive space.