



UCFS Behavioral Health Groups

Adult Groups:

Norwich Health Center

***Trauma Recovery and Empowerment Model (TREM) Meets Mondays @10:30 am with Julia Israelski & Celaura Estrada (CLOSED)**

This 25 week evidence based treatment model will provide a safe supportive environment where women can learn about the impact emotional, verbal, physical, relational or sexual abuse has on their current functioning and develop skills to deal more effectively with current life problems.

***Love Maps Fact Sheet Meets Mondays @1 pm with Katie Burdick**

The goal of this group is designed to guide couples through John Gottman's "Seven Principals for Making Marriage Work". Using rigorous scientific procedures to observe the habits of married couples in a "love lab", Gottman has discovered principals that can show you and your partner the way to a happier, longer-lasting relationship. Each principal will be explored over the course of two 1-hour sessions.

(Group to begin January 9, 2012)

***G-Trem – Love and Life – Trauma Recovery and Empowerment for Girls Meets Mondays @4 pm with Amanda Brycki and Margaret Howard**

A group for girls and young women age 12-18 who have or are experiencing physical, sexual, emotional or relational abuse or who have witnessed domestic violence or community violence.

Transformers: A Men's Group Meets Tuesdays @12 pm with Amanda Brycki (CLOSED)

This group is designed for adult men who are hoping to improve their assertiveness skills, increase their motivation to make changes, strengthen their ability to solve conflicts, learn how to set and reach personal goals, reduce symptoms of depression, anxiety, and/or anger, and learn new, positive coping skills.

***Living with Loss and Transition Meets Tuesdays @4 pm with Christine P. Krom**

This is a bereavement group for adults who are grieving the loss of a parent, spouse or significant other and are having difficulties with daily life. This group will provide emotional support and coping skills in the grief process.

Grupo Hispano De Mujeres Meets Martes a las 2:30 pm with Veronica Sirur-Flores

El objetivo del grupo es crear un espacio social de soporte emocional y afectivo para facilitar el crecimiento personal. Vamos a explorar temas como autoestima, confianza vs desconfianza, relaciones saludables, etc. Se beneficiaran del aliento y consejo mutuo en un ambiente amistoso y saludable.

TREM Meets Tuesdays @2:30 pm with Kristina Chomick and Melanie Hathaway (CLOSED)

This group is open to adult women who have been hurt by past abuse and want to become stronger and move forward in life. The group will provide a safe, supportive environment where women can learn more about how past trauma affects their current behaviors and gain skills to deal with current life problems more successfully.

***Adult Contingency Management Group Meets Wednesdays @ 9 am with Fiorigio (Fred) Fetta**

Have you ever wanted to gain positive rewards by not gambling? This group rewards problem gamblers for abstinence and completing weekly activity contracts that help to improve recovery. **Group to begin January, 2012.**

***Women's Supportive Group Therapy Meets Wednesdays @ 11 am with Kristina Chomick**

This group will be for young women around the ages of 20-35. The group will be for women who have anxiety, depression, relationship issues and who need a support network where they can work through what they are going through in a non-judgmental, welcoming atmosphere.

***Adult Chronic Illness/Chronic Pain Group Meets Wednesdays @ 11 am with Matt Hoffman**

Discussion, encouragement and skill building group for anyone suffering from chronic illness and/or chronic pain.

***Women's Support, Self-Discovery and Self-Esteem Group (women age 40-60). Meets Wednesdays @ 2:30 pm with Kristina Chomick**

This group is for women who are looking to work through changing life circumstances and becoming the best self they can for the future. The group members will also work on creating more insight into their own definition of self. Women will benefit from the encouragement proved by positive relationships with other women in a supportive, non-judgmental, welcoming atmosphere.

***Safety in Recovery Relapse Prevention Group Meets Wednesdays @ 3 pm with Lisa Pratt**

The goal of this group is to develop skills to prevent relapse and to process co-occurring mental health issues. The group does this by utilizing the Seeking Safety Curriculum to explore/develop skills and supports. Some topics the group will talk about in the first few weeks will be safety, self respect, self care, learning to trust, empowerment, relapse prevention, managing trauma symptoms, healthy coping skills, boundaries, and healthy relationships.

***TREM Meets Thursdays @10:30 am with Julie Israelski and Melanie Hathaway**

This group is open to adult women who have been hurt by past abuse and want to become stronger and move forward in life. The group will provide a safe, supportive environment where women can learn more about how past trauma affects their current behaviors and gain skills to deal with current life problems more successfully.

***Women's DBT Group Meets Thursdays @11 am with Christine Krom**

This group is for adults who are actively working on recovery from gambling addiction. It will be an ongoing support group with a variety of related psycho-educational topics provided as well.

***Adult Gambling Recovery Group Meets Thursdays @1 pm with Cindie Friedman**

This group is for adults who are actively working on recovery from gambling addiction. It will be an ongoing support group with a variety of related psycho-educational topics provided as well.

***Adult Relapse Prevention Group Meets Thursdays @3 pm with Lisa Pratt**

An eight week group for adults in early recovery from substance abuse. Topics include: identifying warning signs & triggers to relapse, managing high risk situations, increasing safe coping skills, developing a recovery plan, and learning other helpful methods to maintain sobriety.

***Tug of Love Meets Thursdays @6 pm with Jessica Washington**

The purpose of this group includes three components that are addressed with both the parent(s) and child. The first component is educational, which is designed to assist parents in understanding children with Reactive Attachment Disorders. Teaching is the second component. This includes parents learning consequential parenting skills. These skills will help parents to protect themselves from the child's pathology and to provide corrective parenting experiences for the child. The third component includes intensive emotional and therapeutic work done with the child. **(Group to begin January 5, 2012)**

Transformers: A Men's Group Meets Fridays @1:30 pm with Amanda Brycki

This group is designed for adult men who are hoping to improve their assertiveness skills, increase their motivation to make changes, strengthen their ability to solve conflicts, learn how to set and reach personal goals, reduce symptoms of depression, anxiety, and/or anger, and learn new, positive coping skills.

Girl Talk Meets Fridays @3 pm with Lissette LaRue

A group for girls from ages 15-18 that will focus on improving social interaction, increasing self-esteem, improving mood and learning how to cope with life transitions. The group will strengthen/or learn effective coping skills and self-confidence increasing the ability to make safe and healthy choices while improving emotional regulation will be a main focus. Feedback and sharing will be done in an environment that is constructive and supportive. **(Group begins December 2, 2011)**

Jewett City Health Center

***Women's DBT Group Meets Wednesdays @ 11 am with Amy Sartori at the Jewett City Health Center**

A group for women who want to improve overall quality of life by increasing self-esteem, building communication and relaxation skills. Skills learned include: Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance.

***Men's Recovery Group Meets Wednesdays @ 5 pm with Beth Lafontaine at the Jewett City Health Center**

This is a non-traditional substance abuse group for men. Men will learn strategies for self-improvement and change, learn how thoughts, feelings, and actions are related, learn about antisocial behaviors, understand the pathways to relapse and recidivism, and prevention, and taking ownership of the changes they have made.

***Life Skills Group Meets Wednesdays @ 3 pm with Deborah Jackson at the Jewett City Health Center**

Are you experiencing life stress? Would you like to improve your relationships with others? Are you open to learn new ways of coping? Join us to learn about relationships, problem solving, goal setting, communication and more.

***Women's Recovery Group Meets Thursdays @11 am with Beth Lafontaine at the Jewett City Health Center**

This is a non-traditional substance abuse group for women. Women will learn how they differ from men in addiction, identify life patterns related to addiction, explore growth exercised to heal from addiction, understand co-occurring disorders, control impulses, seek support and change their lives. This group is more of a process of understanding addiction and process of life events, rather than focusing on the traditional 12 step model.

Colchester Office

AT WIT'S END Meets Mondays @6 pm with Marjorie King in the Colchester office

This group is for adults who are coping with a variety of stressors. The group will provide a safe, trusting environment in which one can share issues, regain confidence and self-esteem and learn to laugh and enjoy life again. This group is ongoing and may be joined at any time.

***Adult Recovery in Action Group Meets Wednesdays @ 5:30 pm with Carol Renca in the Colchester office**

This is a group designed for adults with varying amounts of recovery time. The major requirement for inclusion is that members must be clean and sober and are serious about maintaining their sobriety.

New London Office

***Adult Relapse Prevention Group Meets Mondays @4 pm with Carole J. Renca in the New London office**

This group is designed to assist adults in recovery from alcohol and/or drugs, including prescription drug abuse. Group members must be clean and sober and motivated to stay that way. Members may join anytime there are openings.

***Co-ed DBT Group Meets Tuesdays @3 pm with Sarah Pereira and Giulia Jaramillo**

The goal of this group is to develop skills to stabilize mood. The group does this by focusing on mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Some topics the group will talk about in the first few weeks are utilizing daily mindfulness and increasing distress tolerance by improving the moment.

***Co-ed Seeking Safety Group Meets Wednesdays @ 5:30 pm with Virginia Lyon in the New London office**

This group is a co-ed adult group about the co-occurring disorders of PTSD and substance abuse. The group is present-focused and will be used for people with trauma that do not necessarily have PTSD. The group will focus on four content areas: cognitive, behavioral, interpersonal and case management.

***Co-ed DBT Group Meets Thursdays @2 pm with Sarah Pereira**

The goal of this group is to develop skills to stabilize mood. The group does this by focusing on mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Some topics the group will talk about in the first few weeks are utilizing daily mindfulness and increasing distress tolerance by improving the moment.