



UCFS Behavioral Health Groups

Adult Groups: Norwich Health Center 860.892.7042

Anger Management:

Adult Anger Management Meets Fridays @ 11:00 PM with Nicole Denny and Giselle Sosa Lanez (Accepting referrals, Starts April 29)

This group is open to adults with mental health disorders and/or substance abuse who are seeking help to manage anger. A CBT approach will be utilized to develop relaxation and communication skills. The group will provide a safe and supportive environment for members to process and reframe thoughts related to anger. Members will develop a number of techniques to appropriately manage anger going forward.

DBT:

Adult DBT Group Meets Mondays @ 3:30 PM and Tuesdays @ 11:00 AM with Lisa Pratt (Accepting waitlist referrals, Ongoing)

This group is for adults who struggle with intense emotions (including anxiety, anger, shame, and depression), impulsive behaviors, reaching goals, relationship conflicts, or feeling misunderstood by family or friends. Learn how to recognize and manage emotions, slow down reactions, improve relationships, manage conflicts successfully, get through crises with more composure, and approach life's challenges with more success!

Women's DBT Meets Mondays @ 5:00 PM and Tuesdays @ 5:00 PM with Diane Svenning (Both full)

This group is for women who struggle with intense emotions (including anxiety, anger, shame, and depression), impulsive behaviors, reaching goals, relationship conflicts, or feeling misunderstood by family or friends. Learn how to recognize and manage emotions, slow down reactions, improve relationships, manage conflicts successfully, get through crises with more composure, and approach life's challenges with more success!

Women's Beginners DBT Meets Fridays @ 10:00 AM with Diane Svenning (Full)

This group is for women who struggle with intense emotions (including anxiety, anger, shame, and depression), impulsive behaviors, reaching goals, relationship conflicts, or feeling misunderstood by family or friends. Learn how to recognize and manage emotions, slow down reactions, improve relationships, manage conflicts successfully, get through crises with more composure, and approach life's challenges with more success!

Domestic Violence:

Survivor Project Meets Fridays @ 10:00 AM with Kelsey Heon (Accepting new member, On hold)

This group is open to adult women who have experienced or witnessed any violence in the home. The group will provide a safe and supportive space where individuals can develop new skills to increase safety and awareness of intimate partner violence. Over the course of 8 sessions, women will learn about how trauma impacts daily functioning, the impact of domestic violence on children, warning signs of abusive partners, healthy boundaries and safety planning.

Grief:

Letting go of Grief Meets Mondays @ 11:00 AM with Athena Kobin (Full, Restarting May 9th)

This group is open to adults overcoming the loss of a loved one. The group will provide a supportive and safe place to process painful emotions and help individuals to develop safe/healthy coping skills to help manage symptoms associated with grief by utilizing art therapy techniques and creative expression.

Gambling Groups:

Adult Gambling Recovery Group Meets Thursdays @ 2:00 PM with Cindie Friedman (Closed, Restarts every 6 weeks)

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 Early Gambling Recovery Group Meets Thursdays @ 6:00 PM with Melissa Gaudet (Accepting new Members, Start Date TBD)

This group is an evidence-based psychoeducational group to gain tools to support recovery from problem gambling.

Insomnia:

CBT-Insomnia Meets Mondays @ 3:00 PM with Karen Flanagan (Accepting new members, Starting 4/4)

CBT-I is for adults that have difficulty falling asleep or waking during the night. It may also help individuals reduce sleep medications. The goal of this group is to improve quality of sleep by learning new sleep thoughts and behaviors, implementing lifestyle habits that improve sleep, and practicing relaxation techniques that will promote sleep. The group meets for 5 weeks, with a new session beginning monthly.

Medication Management:

Medication Management Group Meets the last Tuesday of the month @ 5:30 PM, 6:00PM with Ashley Egner (Accepting new members, Ongoing)

This group is for adults who have completed therapy but would like to continue at UCFS with their current medication prescriber. The group is a “check-in” type group, to update paperwork, assessments and treatment plan, and to monitor medication compliance and side effects.

Medication Management Group Meets the last Wednesday of the month @ 9:30 AM, 10:00 AM, and 11:00 AM with Celaura Estrada (9:30 and 10:00 Accepting new members, 11:00 Closed, Ongoing)

This group is for adults who have completed therapy but would like to continue at UCFS with their current medication prescriber. The group is a “check-in” type group, to update paperwork, assessments and treatment plan, and to monitor medication compliance and side effects.

Men’s Groups:

Men’s TREM Group Meets TBD with Matt Morris and Jeff Matyas (Restarting in April, Date TBD)

This group is open to adult men who have experienced or witnessed violence. The goal is for men to increase their ability to deal with and become independent from the effects of past trauma. Over the course of 24 sessions, men will learn about how trauma can impact daily functioning, anger, substance use, and ways to overcome the challenges that come from experienced and witnessed violence.

Seeking Safety:

Men’s Seeking Safety/ Relapse Prevention Group Meets Wednesdays @ 10:30 AM with Lisa Pratt (Accepting new members, On hold)

The goal of this group is to develop skills to prevent relapse and to process co-occurring mental health issues. The group uses 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 and self-care, learning to trust, empowerment, relapse prevention, managing trauma symptoms, healthy coping skills, boundaries, and healthy relationships.

Seeking Safety for Women Meets Wednesdays @ 1:30 PM with Malyna Kettavong (Accepting new members, On hold)

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative (the detailed account of disturbing trauma memories).

Social Learning:

[Young Adult Social Learning Group Meets Every Other Tuesday @ 5:00 PM with Carol Dyson & Amanda Jelden](#)
[\(Accepting new members, Ongoing\)](#)

The Young Adult's Social Learning group utilizes cognitive behavioral therapy within a social thinking framework to help young adults with Autism Spectrum Disorder, Anxiety and/or ADHD to improve interpersonal awareness and their ability to engage with others appropriately and gain support of being an independent adult. It is open to adults' ages 18-30 years old.

Spanish

[Anger Management CBT Group \(Spanish\) Meets Wednesday's @ 11:30 AM with Natalie Rosario](#)
[\(Accepting referrals, Ongoing\)](#)

This group is for adults who struggle with intense emotions (including anxiety, anger, shame, and depression), impulsive behaviors, reaching goals, relationship conflicts, or feeling misunderstood by family or friends. Learn how to recognize and manage emotions, slow down reactions, improve relationships, manage conflicts successfully, get through crises with more composure, and approach life's challenges with more success!

[Spanish Depression Management Meets Fridays @ 10:00 AM with Jessica Negron](#)
[\(Accepting waitlist referrals, Restart date TBD\)](#)

Based on CBT Model participants will understand and gain control over what factors have an effect in depression. This is a closed group to adult women who have been struggling with long term depression. Participants will increase awareness on what thoughts, behaviors, and persons effects depression, and will restore healthy thoughts and behaviors.

Stress Management:

[Creating Healing Meets Mondays @ 2:00 PM with Athena Kobin](#)
[\(Closed, Ongoing\)](#)

This group is open to adults seeking help with management of stress, anxiety and depression. The group will provide a safe and supportive space where individuals can express thoughts and emotions utilizing creative expression and art therapy techniques to build a tool box of healthy coping skills and relaxation techniques.

Support Group:

[Parenting with Perspective Group Meets Mondays @ 3:00 and Wednesdays @ 4:00 PM with Carol Dyson](#)
[\(Open, Ongoing\)](#)

This is a support group for caregivers with children with High-Functioning Autism, Anxiety or ADHD. This group will be an opportunity for caregivers to come together to share and increase parenting skills and strategies, socialize, and to be with other caregivers who can relate to their day-to-day struggles of parenting an exceptional child. This group is FREE and open to the public.

Women's Groups:

Women's TREM Group Meets Mondays @ 10:30 AM with Malyna Kettavong and Brittany Schnurr (Closed, Next Session TBD)

TREM is a group for women with past or current emotional, verbal, physical, relational, or sexual abuse. It 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 Circle Meets Thursdays @2:30 PM with Shevonne Browne-Sims (Accepting new members, ongoing)

Women's Circle is a group for women with current DCF involvement. The group aims to help mothers explore emotional, verbal, physical, relational, or sexual abuse as well as cultural and familial patterns and their impact on effective parenting. Group members will learn to recognize and manage behaviors that interfere with effective functioning and parenting.

Colchester Office 860.537.7676

Chronic Pain Management:

Chronic Pain Management Group Meets Wednesdays @ 11:00 AM with Amy Cave (Accepting new members, Ongoing)

This on-going group is designed to provide a space for adults who are suffering with chronic pain to discuss and share in their experiences. The group aims to bring hope in feeling in control of the pain, rather than the pain having control over you. This group will look at the mental, emotional, physical, and social impact of chronic pain and will also cover strategies to take control back.

Medication Management:

Adult Morning Medication Management Group Meets 3rd Tuesday of Month with Becky Moore (Accepting new members, ongoing)

This is a group for adults who have successfully met their treatment goals, but continue to need the support of medication services. This group is only open to current UCFS clients.

Adult Medication Management Group Meets 3rd Thursday of Month at 6:00 PM with Amy Cave (Accepting new members, Ongoing)

This is a group for adults who have successfully met their treatment goals, but continue to need the support of medication services. This group is only open to current UCFS clients.

Children's Medication Management Group Meets 1st Tuesday of Month at 5:00 PM with Amy Cave (Full, Ongoing)

This is a group for adults who have successfully met their treatment goals, but continue to need the support of medication services. This group is only open to current UCFS clients.

Evening Medication Management Group Meets 2nd Monday of Month with Amy Cave (Full, Ongoing)

This is a group for adults who have successfully met their treatment goals, but continue to need the support of medication services. This group is only open to current UCFS clients.

Men's Group:

Men's Support Group Meets Fridays @ 11:00 AM with Lindsay Moser & Allison Turner

This support group is designed to be a place where adult men can learn to strengthen their abilities to resolve conflicts, develop positive coping skills, and learn to manage symptoms of anger, depression and anxiety effectively. This group is open to clients who have state insurance or commercial insurance.

Recovery Group:

Adult Recovery in Action Group Meets Wednesdays @ 6:00 PM with Carole Renca (Accepting new members, Ongoing)

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.

Support Groups:

Young Adult Support Action Group Meets Thursday @ 2:30 PM with Becky Moore (Accepting new members, Ongoing)

This group is for young adults (ages 18-25) who are dealing with any mental health difficulties. The group will provide a safe and supportive environment to discuss topics and issues relevant to this age range, such as college difficulties, employment, managing finances and navigating the adult world. Topics will also include ways to cope with symptoms, family relationships, peer relationships and general life stress.

Women's Group:

Women's Coping Skills Meets Tuesdays @ 1:30 PM with Carole Renca (Accepting new members, Ongoing)

This is a therapeutic support group for women in need of a safe, caring atmosphere to address life's challenges. You may be overwhelmed with day-to-day responsibilities, or rattled by a particular set of circumstances. This will be an open-ended, ongoing group where participants are welcome to join anytime there are openings.

Women's TREM Meets Mondays @ 6:00 PM with Becky Moore and Amy Cave (Accepting new members until April 4th)

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.

Jewett City 860.367.7040

No Groups at this time

New London Office 860.442.4319

DBT:

Adult DBT Group Meets Thursday's @ 10:00 AM with Katie Bosse (Accepting new members, Restarts Monthly)

This group is open to adult men and women who want to improve their quality of life by learning skills to help change unwanted behaviors, emotions, and thoughts. DBT Skills can help an individual control misery and distress as well as learning to live in the present moment. DBT focuses on four main skill sets – Distress Tolerance, Mindfulness, interpersonal Effectiveness, and Emotional Regulation

Depression:

Coping with Depression Group Meets Tuesdays @ 3:00 PM with Michelle Lukaszewicz

This group will focus on what is happening in one's life right now and how to manage the symptoms of depression in a practical way that can be used in the present and future. Members will gain insight on how thoughts affect mood and behavior and learn coping skills.

Gambling:

Women in Recovery (Gambling) Group Meets Tuesdays @ 2:00 PM with Dian Martin

This group is for women pathological gamblers who are working towards recovery from their addiction. This peer group is a supportive, safe environment for women to share their stories, increase their knowledge about gambling addiction, obtain skills to cope with cravings, and develop skills to maintain abstinence or reduce harm from gambling.

Grief:

Overcoming Loss Meets Wednesdays @ 10:00 AM with Jaime Shaw and Kathryn Noonan (Accepting new members, Starting 3/16)

This group is for people experiencing any kind of loss including but not limited to: divorce, losing their job, personal physical or mental loss due to a medical condition, and of course death of a loved one.

Medication Management:

Adult Medication Management meets every 3rd Monday of the month @ 3:00 PM with Mariana Batista (Accepting new members, Ongoing)

This group is for adults who have completed therapy but would like to continue at UCFS with their current medication prescriber. The group is a “check-in” type group, to update paperwork, assessments and treatment plan, and to monitor medication compliance and side effects.

Mindfulness:

Adult Mindfulness Group Meets Thursdays @ 2:00 PM with Paul Clark

A group for adults age 18 and older who want to learn how to slow down their hectic, stressful, and chaotic lives. The practice of Mindfulness teaches us how to increase self-awareness and has been shown to be effective in helping people who suffer from overwhelming stress, anxiety, irritability, and chronic illness. It works by helping people to let go of negative feelings, better control emotions, feel more calm and confident, and find greater fulfillment in relationships and in daily life.

Recovery:

Recovery Meets Thursdays @ 6:00 PM with Mark Couture (Accepting new members, Ongoing)

“Recovery” is a group for individuals who are seeking support for their recovery from addiction. This group blends aspects of peer support, Cognitive-behavioral therapy, and psycho-education. Participants can expect to discuss strategies for maintaining recovery and receive support from peers and clinical staff. Psycho-education topics may include physiological consequences of substance use, addictive behavior, mind-body connection, and issues effecting wellness throughout recovery. This group is open to all individuals who are committed to changing addictive behaviors and are seeking a safe and confidential environment to receive support.

Self-Esteem:

Self-Esteem Group Meets Tuesdays @ 10 AM with Jaime Shaw (Accepting new members, Ongoing)

This group is open to all who would like to work on building a more accurate, honest, and appreciative opinion of oneself. Through the supportive medium of a group setting, we will focus on our inner selves and gain understanding of how feelings and thoughts can influence our behavior and well-being.

Women's Groups:

Women's TREM Group Meets Fridays @ 9:00AM with Nicole Godbout & Katie Bosse (Closed, New session starts in May)

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 behavior and gain skills to deal with current life problems more successfully.

Plainfield Office 860.822.4938

No Groups at this time