



UCFS Behavioral Health Groups

Kids Groups: Norwich Health Center 860.892.7042

Behavioral Health Services Intake Department 860-892-7042 ext. 1733

Safe Space Corner

Safe Space Corner Meets Wednesdays @ 5 with Ashley Webb

This group will allow for a Safe and confidential environment for LGBTQ youth, ages 14-17, to discuss and explore relationships, sexuality, gender identity, health, and coping with stress and anxiety.

Social Learning – High-Functioning Autism, Asperger’s, ADHD, and Anxiety (On-going, Accepting Referrals)

Flexible You! (4-7 years old) Meets Mondays @ 4 pm with Pamela Manke

This small group is specifically aimed at learning the foundational skills needed for success in navigating basic peer relationships. With both structured and unstructured activities, the group is designed to simulate the variety of environments children need to master.

Flexible You! (4-7 years old) Meets Tuesdays @ 4 pm with Stephanie Donovan

This small group is specifically aimed at learning the foundational skills needed for success in navigating basic peer relationships. With both structured and unstructured activities, the group is designed to simulate the variety of environments children need to master.

Social Detectives (7-8 years old) Meets Wednesday @ 4 pm with Brittany Schnurr & Carol Dyson

This small group is designed to help young children increase awareness and develop social skills to successfully navigate peer interactions.

Super Flex (9-10 years old) Meets Wednesday @ 4 pm with Ashley Webb

This small group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Super Flex (9-10 years old) Meets Thursdays @ 4 pm with Carol Dyson & Amanda Jelden

This small group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Socially Curious, Curiously Social (11-12 years old) Meets Mondays @ 5 pm with Ashley Webb

This small group is specifically aimed at successfully navigating social anxiety and improving peer interactions through a variety of skill-building exercises. With both structured and unstructured activities, the group is designed to simulate the variety of environments children need to master.

Esteemed Girls (11-14 years old) Meets Thursdays @ 4:30 PM with Joy Zuzel & Katie Andrias (meets for 12 weeks)

This group covers normative struggles adolescent face in schools, families, and other social scenarios and the impact this has on self-esteem, identity, and feelings of belonging. This is a critical age for identity formation and can be the foundation for how people relate to others and themselves on into adulthood. Girls from any background or experience can benefit from the empowerment and validation offered in a safe and strength-based setting. The group is designed to develop and enhance a sense of community and support amongst peers and minimize competition and isolation. Topics covered include relational aggression, social pressures, self-esteem and body image, impact of media on self-image, healthy habits, cliques, anger, culture, depression, and suicide. This is an individual-focused approach which integrates

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creative activities. Older girls in the group will be empowered to act as mentors and encouraged to share first hand experiences and insights to younger members who may yet to encounter certain issues.

Adolescent Girls (13- 17 years old) Meets Tuesdays @ 5 with LeeAnn Page & Joy Zuzel

This small group provides a safe, therapeutic environment where adolescent girls can build the skills to successfully navigate peer interactions.

Adolescent Boys (13-17 years old) Meets Thursdays @ 5 pm with Ashley Webb & Carol Dyson

This small group provides a safe, therapeutic environment where adolescent boys can build the skills to successfully navigate peer interactions.

Medication Management

Children/Adolescent Medication Management Group Meets Last Monday of each month @ 4:30 and 5 pm with Celaura Estrada

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

Children/Adolescent Medication Management Group Meets Last Thursday of each month @ 4:00 pm with Karen Flanagan

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

Parenting

Pathways to Parenting with Stephanie Donovan (on hold)

This group is open to parents and/ caregivers and their young children who would like to build confidence in everyday parenting. This multi-family group will focus on expanding each parent/caregiver's own knowledge and experiences to help encourage healthy development in young children. The following areas will be covered throughout the group: Behavior management and problem solving, emotional regulation, encouraging pro-social behavior and information to enhance child development. This group will provide an opportunity for open discussion, child and parent/caregiver interaction/play and psycho-education to further promote a healthy relationship and bond