New London: 860.442.4319

Coping:

Coping Together
When: Tuesdays @ 12:00 PM
Clinician: Katie Camann
Description: For adult men and women who want to improve their quality of life by learning skills to help change unwanted behaviors, emotions, and thoughts. The group will utilize CBT and DBT Skills that can help anyone having difficulty controlling and tolerating painful emotions, living in the present moment, and having meaningful and positive relationships.
Status: Starting 2/7, accepting referrals
Duration: On-going

Depression:

Coping with Depression Group
When: Tuesdays @2:00 PM
Clinician: Michelle Gienau
Description: 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.
Status: Open
Duration: On-going

Gambling:

Women in Recovery (Gambling) Group
When: Wednesdays @ 3:00 PM
Clinician: Cheryl Molina \
Description: 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.
Status: Open, for Bettor Choice clients only
Duration: On-going

Medication Management:

Maintaining Wellness
When: 1st Monday of the month @ 10am & 3rd Monday of the month @ 3:00 PM
Clinician: Jaime Shaw
Description: 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.
Status: Open, accepting referrals
Duration: On-going

Maintaining Wellness
When: Last Tuesday of each month @ 2pm
Clinician: Christine Ortiz
Description: 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.
Status: Open, accepting referrals
Duration: On-going

Mindfulness:

Adult Mindfulness Group
When: Thursdays @ 2:00 PM
Clinician: Paul Clark
Description: 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.
Status: On-Hold
Duration: 8 weeks

Mothers:

TARGET (Trauma Affect Regulation: Guide for Education & Therapy)
When: Thursdays @ 1:00 PM
Clinician: LeeAnn Page
Description: TARGET provides a sequence of 7 skills inspired by the seven letters in a word that expresses the goal of all trauma survivors: FREEDOM. Each step activates the Thinking and Filing Centers, and re-sets the Alarm, enabling the brain and body to shift out of survival mode and prevent or recover from Trauma.
Status: Starts March 30, Accepting Referrals
Duration: 10 weeks

Parents:

Whole-Brained Child- A group for Parents
When: Thursdays @ 12:00 PM
Clinician: Kelly McCabe
Description: For parents of children ages 3-16 who are having a hard time connecting and communicating with their children. The group will help parents to: recognize the hardship and struggles they may encounter with an emotional child, learn to regulate their emotions prior to addressing a situation that may be overwhelming, learn to connect emotionally with their child and then help their child to problem solve in a supportive way.
Status: On-Hold, Accepting Referrals
Duration: Ongoing

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Boys

TARGET (Trauma Affect Regulation: Guide for Education & Therapy)
When: Tuesdays @ 4:00 PM
Clinician: LeeAnn Page
Description: TARGET provides a sequence of 7 skills inspired by the seven letters in a word that expresses the goal of all trauma survivors: FREEDOM. Each step activates the Thinking and Filing Centers, and re-sets the Alarm, enabling the brain and body to shift out of survival mode and prevent or recover from Trauma.
Status: Starts March 28, Accepting Referrals
Duration: 10 weeks

Social Learning

Flexible You! (4-6 years old)
When: Thursdays at 4 PM
Clinicians: Megan Cameron and Gabrielle Drugan
Description: 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.
Status: Open
Duration: On-going

Superflex (8-10 years old)
When: Tuesdays @ 5 PM
Clinician: Christine Ortiz
Description: This is a group for children ages 7-8, usually 3rd or 4th graders, involving social awareness skills like sharing, listening, using educational and play approaches
Status: Open
Duration: On-going

Teen Social Learning Group
When: Thursdays @ 5 PM
Clinicians: Megan Cameron
Description: This is a co-ed group, ages 13-18, specifically aimed at building Social Thinking® strategies to successfully navigate peer interactions in a safe, therapeutic environment for teens who struggle with engaging with others, making friends, keep friends, anxiety, ADHD, disruptive behaviors, and/or Autism Spectrum Disorder.
Status: Open
Duration: On-going