

# New London: 860.442.4319

## Adult

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### ***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

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### ***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

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### ***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 Better Choice clients only

**Duration:** On-going

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## ***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:** 3rd Monday-Open, accepting referrals. 1st Monday-Not currently running.

**Duration:** On-going

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### **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

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## ***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

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## ***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:** On Hold, Accepting Referrals

**Duration:** 10 weeks

## **Child/Adolescents**

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### **Adolescents**

#### **TARGET (Trauma Affect Regulation: Guide for Education & Therapy), Boys only Group**

**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:** On Hold, Accepting Referrals

**Duration:** 10 weeks

#### **LGBTQ Youth Support Group**

**When:** Mondays @ 3:00 PM

**Clinician:** Megan Cameron

**Description:** This group will allow for a safe and confidential environment for LGBTQ youth ages 13-17, to discuss and explore relationships, sexuality, gender identity, safety, and coping skills, and much more.

Questioning youth are welcome!

**Status:** Accepting Referrals, Starts Sept 18th

**Duration:** On-going

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### **Social Learning**

#### **Flexible You! (4-6 years old , Pre-K-1st Grade)**

**When:** Thursdays @ 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, Accepting Referrals

**Duration:** On-going

#### **Social Detectives (7-8 years old, 2nd-3rd Grade )**

**When:** Mondays @ 5 PM

**Clinician:** Christine Ortiz

**Description:** This is a group for children ages 7-8, usually 2nd-3rd graders, involving social awareness skills like sharing, listening, using educational and play approaches

**Status:** Closed - Not accepting referrals

**Duration:** On-going

#### **Superflex (9-10 years old, 4th-5th Grade)**

**When:** Tuesdays @ 5 PM

**Clinician:** Christine Ortiz

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

**Status:** Accepting Referrals

**Duration:** On-going

### **Teen Social Learning Group (13-18 years old, High School)**

**When:** Thursdays @ 5 PM

**Clinicians:** Megan Cameron

**Description:** This is a co-ed group 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