

Norwich Health Center: 860.892.7042

Adult

CBT:

CBT Bootcamp

When: Wednesdays @ 12:30pm & Thursday 12:30am

Clinician: Katie Andrias

Description: This is an intensive Cognitive Behavioral Therapy (CBT) based group for adults who struggle with depressive symptoms. Group will focus on teaching clients specific methods to manage their symptoms and change negative thoughts in order to improve mood.

Status: Wednesday- Open. Thursday- On Hold, Accepting Referrals

Duration: 12 weeks

CBT Insomnia

When: Mondays @ 1 PM

Clinician: Karen Flanagan

Description: 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.

Status: Open, accepting referrals

Duration: TBD

Caregivers:

Caring for Caregivers

When: Tuesdays @ 4pm

Clinician: Joy Zuzel

Description: A strength-based, caregiver-focused group designed to empower caregivers and provide them with tools to support their success

Status: On-Hold, Accepting referrals

Duration: On-going

Chronic Pain:

De-stress Your Frame From Chronic Pain

When: Mondays at 11am

Clinician: Ann Grabowski

Description: A support group to assist men and women in improving their physical functioning, reduce disability, improve mood while reducing anxiety associated with activity, reduce pain, and improve relationships with family/spouse/significant other. The goal of the group is to teach participants skills that they can use to help manage chronic pain on their own.

Status: On-Hold, Accepting Referrals

Duration: 12 weeks

DBT:

Adult DBT Group

When: Tuesdays @ 3:30 PM

Clinician: Jennifer Maier-Gerst

Description: For adults age 40 and older 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!

Status: Open, Accepting Referrals

Duration: Ongoing

Women's DBT

When: Tuesdays @ 12:30 PM

Clinician: Jackie Zebrowski

Description: A present-focused treatment for clients with a history of trauma and/or substance abuse. Seeking Safety focuses on coping skills and psychoeducation. Seeking Safety helps clients reduce trauma and/or substance abuse symptoms and increase safety in their relationships, thinking, behaviors, and emotions. Each group will focus on a specific topic relating to safety in these four areas, such as Asking for Help, Setting Boundaries in Relationships, Coping with Triggers, etc.

Status: Open, Accepting Referrals

Duration: On-going

Women's DBT

When: Mondays @ 5:00 PM

Clinician: Diane Svenning

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Advanced DBT

When: Tuesdays @ 5:00 PM

Clinician: Diane Svenning

Description: 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!

Status: Open & accepting referrals

Duration: Ongoing

Women's Beginners DBT

When: Wednesdays @ 12:30 PM

Clinician: Diane Svenning

Description: 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!

Status: Open & accepting referrals

Duration: Ongoing

Domestic Violence:

Survivor Project

When: Wednesdays @ 10am

Clinician: Kelsey Heon

Description: For women who've experienced or witnessed intimate partner violence or domestic violence in their lifetime. Reviews psychoeducation regarding dv, impact on children, healthy relationships, warning signs of abusive partners and safety.

Status: Closed. Accepting Referrals for next session

Duration: 12 weeks

Gambling:

Adult Gambling Recovery Group

When: Thursdays @ 1:00 PM

Clinician: Cindie Friedman

Description: 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.

Status: Open, Accepting Referrals

Duration: On-going

Grief:

Letting go of Grief

When: Thursdays @ 11:00 AM

Clinician: Athena Kobin

Description: For 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.

Status: Open, Accepting Referrals

Duration: 12 weeks

Mindfulness:

Mindfulness

When: Tuesdays @ 11:00 AM

Clinician: Katie Andrias

Description: This group is for adults 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. Group will provide members with a safe environment where they will learn about mindfulness, be supported, and develop techniques to help cope with their symptoms.

Status: Open, Accepting Referrals

Duration: 8 weeks

MATS:

MATS (Medication Assistant Treatment)

When: Mondays @ 10AM

Clinician: Jeff Matyas

Description: Only for those clients in the suboxone program.

Status: Open, Accepting Referrals

Duration: On-going

MATS (Medication Assistant Treatment)

When: Wednesdays @ 2:30pm

Clinician: Beth Lafontaine

Description: Only for those clients in the suboxone program.

Status: Open, Accepting Referrals

Duration: On-going

Medication Management:

Medication Management Group

When: First Monday of every month at 5:30

Clinician: Tricia Bailey

Description: For clients who have successfully met treatment goals and are stable on medications and need to continue with medication management but not necessarily therapy.

Status: Open

Duration: On-going

Medication Management Group

When: Last Tuesday of the month @ 5:30 PM

Clinician: Elissa Pinette

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

Duration: On-going

Medication Management Group

When: Last Wednesday of the month @ 9:30 AM, 10 AM and 11:00 AM

Clinician: Celaura Estrada

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: 11AM Open. 9:30 & 10AM Closed

Duration: On-going

Mens:

M-TREM

When: Thursdays @ 10:30AM

Clinician: Jeff Matyas & Jason Dollard

Description: A group for men who have experiences past of current emotional, verbal, relational, physical, or sexual violence. The goal is for men to increase their ability to deal with and become independent from the effects from past trauma. Men will learn about how trauma can impact daily functioning, anger, substance use, and way to overcome the challenges that come from experienced or witnessed violence of all forms.

Status: Closed.

Duration: 18 Weeks

Recovery

Early Recovery

When: Fridays @ 1PM

Clinician: Diane Svenning

Description: This group is intended for those in the early stages of recovery from drugs and alcohol. Group will provide a safe, healing and supportive environment for all individuals who have the intent to stay sober, willingness to be honest, and openness to make life changes necessary for successful recovery.

Status: Open, Accepting Referrals

Duration: On-going

Seeking Safety:

Adult Safe Space Group

When: Wednesday @ 6:00pm

Clinician: Ashley Webb

Description: This group will allow for a safe and confidential environment for LGBTQ adults ages 18 and up to discuss and explore relationships, sexuality, gender identity, health, and coping with stress and anxiety.

Status: Open & accepting referrals

Duration: On-going

Creating Healing

When: Tuesdays @ 2 PM & Wednesdays @ 11 AM & Thursdays @ 1 PM

Clinician: Athena Kobin

Description: 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.

Status: Wednesday (co-ed) Open, Tuesday (women over 40) Open, & Thursday (women under 40) Open.

Accepting Referrals

Duration: On-going

Social Learning:

[Adult Social Learning Group](#)

When: Wednesdays (Biweekly) @ 1:30 PM

Clinician: Carol Dyson

Description: A support group for Individuals 30+ with social challenges who are looking for a place to meet friends, learn and practice coping skills and strategies to improve social success in a supportive environment.

Status: Open, Accepting Referrals

Duration: On-going

[Young Adult Group](#)

When: Every other Tuesday @ 5:00 PM

Clinician: Joy Zuzel

Description: This is a group for ages (18-26) focusing on improving social skills and decreasing social anxiety. It also focuses on the education and modeling of social awareness.

Status: Open, Accepting Referrals

Duration: On-going

Spanish:

[Victoria Antivirus](#)

When: Mondays @ 1:30

Clinician: Jessica Negron

Description: A psychotherapy group for depression management (Spanish version). This group includes elements of psycho educational, skill -based, and processing group. Participants will learn to identify/understand triggers for depression and develop cognitive behavioral strategies. Ideal referrals should include persons with long term depression and trauma components. Ideal candidates will be persons discharged from inpatient services and in need of IOP.

Status: On Hold. Accepting Referrals

Duration: On-going

Womens:

[Women's TREM](#)

When: Thursdays @ 5 PM

Clinician: Kelsey Heon and Jennifer Maier-Gerst

Description: TREM is an evidence-based group that is intended to directly benefit women in our community who have experienced emotional, verbal, physical, sexual, or relational abuse. Group will run for 25 weeks (6 months). TREM is an interactive, skill-based and psycho-educational group model with a focus on empowerment and women are encouraged to learn skills to “do things differently” in their lives with healthier, more productive thoughts and behaviors. TREM is designed to be a standalone treatment so members are not required to attend individual treatment.

Status: Closed

Duration: 6 months

Healthy Mom, Healthy Baby

When: Tuesday @ TBD

Clinician: Jennifer Maier-Gerst

Description: A group for new mothers, expectant mothers, and those who have post-partum depression who would like to gain support and share their experiences about parenting. During this group, members will learn: about the "baby blues" and other emotional changes that can occur after childbirth, self-care relaxation strategies, infant development, sleep solutions, tips for fussy babies etc., and share joys and challenges of this momentous challenge as a mother.

Status: On-Hold, Accepting Referrals

Duration: On-going

TARGET (Trauma Affect Regulation: Guide for Education & Therapy)

When: Fridays @ 9:30 AM

Clinician: LeeAnn Page & Kelsey Heon

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 enables the brain and body to shift out of survival mode. In learning TARGET skills, women will learn to prevent and/or recover from trauma.

Status: Starting TBD, Accepting Referrals

Duration: 10 weeks

Art for Recovery

When: Wednesdays @ 10AM

Clinician: Kirstin Auer and Athena Kobin

Description: For women ages 18-55 recovering from substance use. Group members will be encouraged to express their struggles and achievements in recovery through art therapy techniques in a safe, supportive environment. This is an opportunity for group members to create a network of support while gaining insight into their own recovery process.

Status: Accepting Referrals, Start date: Jan 17th.

Duration: On-going

Women of Worth

When: Mondays @ 4PM

Clinician: Joy Zuzel

Description: This will be a supportive therapeutic group that is NOT diagnosis or pathology based and instead focused on the struggles women face in this culture and the impact this has on one self-esteem, relationships and pursuit of life goals. We will cover topics as gender roles in society, media influences on self-esteem, toxic relationships, female relational aggression, pressures related to choosing whether or not have children, and the impact this has on identity and relationships. This group seeks to normalize and validate very real changes women face on their own path to achieving life satisfaction, and hopes to foster a community of strength and support amongst female peers. Any women over the of 18 are encouraged to attend and refreshments will be provided.

Status: Accepting Referrals, Starting Jan 8th

Duration: On-going

Child/Adolescent

Play Space

When: Mondays @ 3:30PM (3-5 yrs old) & 4:30PM (6-9 yrs old)

Clinician: Natalie Rosario and Elissa Pinette

Description: For children ages 5-7 that brings therapy to the child's level; they can communicate using their natural words (toys) and in their language (play). This group will use a non-directive approach, where children, at their own pace, can learn self-expression, coping skills, self-regulation and improve self-esteem. Through this natural process they will learn about others while they get to know themselves. Children with anxiety and/or mood disorders, and trauma related symptoms might benefit from this group.

Status: Starting 1/8/18, Accepting Referrals.

Duration: On-going

Bounceback!

When: Tuesdays @ 4PM

Clinician: Elissa Pinette and LeeAnn Page

Description: Bounceback is a group treatment for children who have experienced significant stress and trauma. Bounceback will help children to heal by teaching ways to cope with and recover from traumatic experiences. Bounceback consists of group work, individual work, and 1-3 parent group sessions.

Status: Starting January 2018, Accepting Referrals for children ages 7-10.

Duration: 10 weeks

Children In Change

When: Mondays @ 4PM

Clinician: Katie Andias

Description: For children ages 8-11 who are experiencing change within their family/home. Group objectives include: Sharing openly in a safe environment about changes, encouraging and recognizing the expression of feelings, learning to offer support to one another, establishing that children are not to blame for adult situations, helping children identify the trustworthy adults in their lives, aiding children in coping with change in healthy ways, and acknowledging and teaching about feelings of grief and loss.

Status: Start TBD, Accepting Referrals

Duration: On-going

Children In Change

When: Tuesdays @ 5PM

Clinician: Julie Malerba

Description: For children ages 12-14 who are experiencing change within their family/home. Group objectives include: Sharing openly in a safe environment about changes, encouraging and recognizing the expression of feelings, learning to offer support to one another, establishing that children are not to blame for adult situations, helping children identify the trustworthy adults in their lives, aiding children in coping with change in healthy ways, and acknowledging and teaching about feelings of grief and loss.

Status: Start TBD, Accepting Referrals

Duration: On-going

In Focus - Teen Group

When: Tuesdays @ 4 PM

Clinician: Athena Kobin

Description: This art therapy based group utilizing phototherapy (instant polaroid photography) along with journaling as a creative outlet for self-expression, exploration and individual growth. This group is open to individuals 14-17 years old who may be struggling to manage difficulties in their lives such as bullying or peer pressure, substance use, anger, anxiety, depression, change or transitions.

Status: Starting Spring 2018

Duration: 8 weeks

DBT for Adolescents

When: Mondays @ 4:30 PM

Clinician: Katie O'Leary

Description: Life can be confusing, difficult, and hard at times. This group focuses on learning skills to assist in managing life's stressors, difficult thoughts, and relationships. Through engaging activities such as music, movies, drawing, and games the following skills will be taught: mindfulness, distress tolerance, emotional regulation, interpersonal effectiveness. Treat yourself by meeting new people, new skills, and a new YOU. For ages 13-17.

Status: Open, Accepting Referrals

Duration: 12 weeks

Safe Space Corner

When: Wednesdays @ 5 PM

Clinician: Ashley Webb

Description: This group will allow for a safe and confidential environment for LGBTQ youth, ages 12-17, to discuss and explore relationships, sexuality, gender identity, health, and coping with stress and anxiety.

Status: Open

Duration: On-going

#NOTANUMBER (14-18 years old)

When: Tuesdays @ 5 PM

Clinician: Julie Malerba

Description: This is a child trafficking and exploitation prevention group. This group will run for 5 weeks and is designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking and skill development. The program integrates a holistic view of the issue by focusing on respect, empathy, individual strengths, and the relationship between personal and societal pressures that create or increase vulnerabilities.

This is a prevention group (although can see confirmed victims who have been treated or are currently being treated) which will raise awareness for the topic as this is becoming an overwhelmingly concerning issue in the area.

Status: Starting Jan 2nd, Accepting Referrals

Duration: 6 Weeks

Voices

When: Tuesdays @ 5 PM

Clinician: Julie Malerba

Description:

Status: Starting January 16, 2018 Accepting Referrals

Duration: 18 Weeks

Girls

Esteemed Girls

When: Mondays @ 4 PM (14-18 year olds) & Thursdays @ 4:30 PM (11-14 year olds)

Clinician: Joy Zuzel

Description: This group covers normative struggles young women 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 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. The group will remain open to participants who join in later sessions, but regular attendance is required.

Status: Mondays Accepting Referrals, Start date TBD. Thursdays On-Hold

Duration: On-going

G-TREM: Trauma Recovery and Empowerment for Girls

When: Mondays at 5PM

Clinicians: Malyna Kettavong and Elissa Pinette

Description: A group of 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. This group will provide a safe, supportive environment where young women can learn more about how past trauma affect their current behaviors and gain positive coping skills to deal with current life problems more successfully and improve the possibility of healthy relationships in their future.

Status: On Hold

Duration:

Social Learning

Flexible You! (4-7 years old)

When: Mondays @ 4PM & Tuesdays @ 4PM

Clinicians: Monday- Carol Dyaon & Morgan Ajello, Tuesday- Stephanie Donovan & Melinda Gladden

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: Both Open. Both Accepting Referrals

Duration: On-going

Social Detectives (7-8 years old)

When: Wednesday @ 4 PM & Thursday @ 4

Clinicians: Wednesday -Carol Dyson & Kevin Hynes, Thursday - Carol Dyson & Pam Manke

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

Status: Open, Both Accepting Referrals

Duration: On-going

Super Flex (9-10 years old)

When: Wednesday @ 4 PM

Clinicians: Brittany Schnurr & Sarah Synott

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

Status: Open, Accepting Referrals

Duration: On-going

Middle School Group (11-12 years old)

When: Mondays at 5 PM

Clinicians: Carol Dyson & Joseph LaBrecque

Description: 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.

Status: Open, Accepting Referrals

Duration: On-going

Adolescent Group (13-17 years old)

When: Thursdays at 5PM

Clinicians: Carol Dyson & Morgan Ajello

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

Status: Open, Accepting Referrals

Duration: On-going

Medication Management

Children/Adolescent Medication Management Group

When: First Thursday of each month @ 4 PM and 4:30 PM

Clinician: Karen Flanagan

Description: 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.

Status: Both Accepting Referrals

Duration: On-going