

**Colchester: 860.537.7676**

## **Adult**

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### ***Arts***

#### **Healing through Creative Arts**

**When:** Wednesdays @ 2 PM

**Clinician:**

**Description:** This group is for adults who wish to engage in stress relief utilizing creativity and expression. It will combine art, music, and movement to help explore emotions and attune to the body's internal experience. Members will experience a safe and supportive environment to explore a wellness approach to help their mind, body, and soul heal.

**Status:** Open

**Duration:** On-going

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### ***DBT***

#### **DBT Skills**

**When:** Mondays @ 6 PM

**Clinician:** Amy Cave

**Description:**

**Status:** On-Hold, accepting referrals

**Duration:** On-going

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### ***Medication Management***

#### **Adult Medication Management Group**

**When:** 3rd Thursday of Month at 6:15 PM

**Clinician:** Amy Cave

**Description:** 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.

**Status:** Open

**Duration:** On-going

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### ***Men's Group***

#### **Men's Support Group**

**When:** Fridays @ 10 AM

**Clinician:** Lindsay Moser

**Description:** For adult men ages 30+ who would like 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.

**Status:** On-Hold

**Duration:** On-going

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## ***Mindfulness:***

### **Mindfulness Group**

**When:** Thursdays @ 10:30AM

**Clinician:** Lindsay Moser & Traci Howland

**Description:** For co-ed 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:** Open, Accepting Referrals

**Duration:** 8 Weeks

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## ***Recovery Group:***

### **Adult Recovery in Action Group**

**When:** Wednesdays @ 6:00 PM

**Clinician:** Carole Renca

**Description:** 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.

**Status:** Open

**Duration:** On-going

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## ***Support Groups:***

### **Young Adult Support Group**

**When:** Thursday @ 5:00 PM

**Clinician:** Sara Denis

**Description:** 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.

**Status:** Open

**Duration:** On-going

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## ***Women's Groups:***

### **Women's TREM**

**When:** Thursdays @ 3:00 PM

**Clinician:** Becky Moore and Lindsay Moser

**Description:** For 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.

**Status:** Closed

**Duration:** On-going

### **Women's Coping Skills**

**When:** Tuesdays @ 1:30 PM

**Clinician:** Carole Renca

**Description:** 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.

**Status:** Open, accepting referrals

**Duration:** On-going

## Child/Adolescents

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### *Girls*

#### Girls Group

**When:** Thursdays @ 4 PM

**Clinician:** Paige Bogda

**Description:** This group is open to girls ages 8-12 who are looking to develop healthy relationships, gain coping skills and improve their self-confidence. This is an open end group that will explore topics such as celebrating individuality, healthy communication, identifying emotions and managing emotions in a healthy way.

**Status:** Open, Accepting Referrals

**Duration:** On-going

#### Girl's Circle Groups

**When:** Call Colchester for specifics

**Clinician:** Call Colchester for specifics

**Description:** This group uses a variety of Girls Circle curriculums and activities for middle and high school girls. This group is designed to help girls develop healthy and safe relationships and coping mechanisms in an ever-changing and challenging world. Topics addressed include: social and romantic relationships, drinking and drug use, and coping through hard times.

**Status:** Call Colchester for specifics

**Duration:** N/A

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### *Medication Management*

#### Children's Medication Management Group

**When:** 1st Monday of Month @ 5:00 PM

**Clinician:** Sara Walker

**Description:** This is a group for children 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.

**Status:** Call for openings

**Duration:** On-going

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### *School Age*

#### Teen Support Group (Highschoolers male and female)

**When:** Wednesdays @ 4pm

**Clinician:** Paige Bogda

**Description:** This group provides a safe and supportive environment for teens who feel alone in dealing with anxiety and depression. Topics will include way to cope with symptoms, family relationships, peer relationships, school stress, and more.

**Status:** Open, accepting referrals

**Duration:** On-going

### Middle School Support Group

**When:** Mondays @ 4PM

**Clinician:** Allison DiVicino

**Description:** This group focuses on helping middle school aged children cope with the stressors of this period in their lives. Open to both girls and boys ages 10-13, this group will explore topics such as managing depression and anxiety symptoms, coping with bullying, self-esteem, social skills, and overall surviving middle school!

**Status:** Open, Accepting Referrals

**Duration:** On-going

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## *Social Learning*

### Flexible You! (4-7 years old)

**When:** Mondays at 6 PM

**Clinician:** Sara Walker

**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/Superflex (8-12 years old)

**When:** Tuesdays @ 5PM

**Clinicians:** Lindsay Moser & Allison Divicino

**Description:** This group is open to children with high functioning autism, ADHD, and anxiety. It is specifically aimed at building skills to successfully navigate peer interactions in a safe, therapeutic environment utilizing a variety of social learning strategies

**Status:** Open, accepting referrals

**Duration:** On-going