

Griswold: 860.367.7040

Adult

Relationships:

Healthy Relationships

When: First and Third Wednesdays of every month @ 11AM

Clinician: Florence LaPorte

Description: Designed for adults to define and develop healthy personal boundaries, understanding the importance of self-care in any relationship, what is a healthy relationship and understanding what an unhealthy relationship is.

Status: Starting May. Accepting Referrals.

Duration: On-going

Parenting:

Parenting

When: Second and Fourth Wednesdays of every month @ 11AM

Clinician: Florence LaPorte

Description: Designed for parents of any age. The focus of this group is to learn and utilize consistent positive parenting skills.

Status: Starting May. Accepting Referrals

Duration: On-going

Medication Management:

Medication Management

When: Every Monday @ 5:00 PM: 2nd week men, 3rd week 16-22yrs old, 4th week women

Clinician: Julie Martin

Description: This group is for those 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

Mindfulness:

Mindfulness

When: Thursdays @ 11AM

Clinician: Jen Gil

Description: This group is for adults who would like to learn skills to manage every day stress, anxiety, and depression.

Participants will learn to use mindfulness skills to improve concentration, reduce negative thoughts, and be able to approach life’s challenges with a clear, calm mind. Each week will focus on practicing mindfulness skills in a supportive environment to help participants cope with their symptoms.

Status: Accepting Referrals. Starting 5/17

Duration: On-going

Women's:

Attacking Anxiety & Depression

When: 2nd, 3rd, and 4th Tuesdays of month @ 11 AM

Clinician: Jen Mackin

Description: Take control of your anxiety and depression! This self-help and self-awareness group for adult women will provide you with coping skills and techniques to help manage symptoms with generalized stress, anxiety, panic, and accompanying depression to overcome fear, worry and debilitating symptoms.

Status: Open, Accepting Referrals

Duration: On-going

TREM

When: Fridays at 10 AM

Clinician: Jen Gil

Description: Open to adult women who have been hurt by past abuse and want to become stronger and move forward in life. They 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: Open, Accepting Referrals

Duration: On-going

Child/Adolescents

Medication Management

Medication Management

When: Every Monday @ 5:00 PM: 1st week kids, 2nd Men, 3rd week 16-22 yrs old, 4th Women

Clinician: Julie Martin

Description: This group is for those 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. Clients need to be referred by clinician and approved by prescriber.

Status: Open

Duration: On-going

Social Learning

Flexible Friends! (4-6 years old)

When: Wednesdays @ 5PM

Clinicians: Joanna Oszmian

Description: A group designed for children between the ages 4-6, grades Pre-K through 1st, to strengthen and/or develop social skills to better navigate peer interactions.

Status: Open, Accepting Referrals

Duration: On-going

Socially Curious & Curiously Social (Middle School, Adolescent Boys & Girls)

When: Tuesdays @ 4PM

Clinicians: Joanna Oszmian & Julie Martin

Description: A group designed for adolescent boys and girls between the ages of 12-14, middle school, to strengthen and/or develop social skills to better navigate peer interactions.

Status: Open, Accepting Referrals

Duration: On-going

Socially Curious & Curiously Social (High School, Adolescent Boys & Girls)

When: Wednesdays @ 4PM

Clinicians: Joanna Oszmian & Jennifer Mackin

Description: A group designed for adolescent boys and girls between the ages of 14-18, high school, to strengthen and/or develop social skills to better navigate peer interactions.

Status: Open, Accepting Referrals

Duration: On-going