

Norwich Health Center: 860.892.7042

Adult

CBT:

CBT Bootcamp

When: Wednesdays @ 12:30pm

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

Duration: 12 weeks

Cancer:

The Healing Journey Art Therapy

When: Tuesdays @ 12 PM

Clinician: Athena Kobin

Description: For adults diagnoses with and coming to the end of their Cancer treatments. Group focuses on the exploration of emotional, psychiatric, physical, and spiritual effects of the illness, experiences, diagnosis, and treatments utilizing both painting and journaling.

Status: Accepting Referrals

Duration: 14 weeks

DBT:

Men's DBT Group

When: Tuesdays @ 3:30 PM

Clinician: Jennifer Maier-Gerst

Description: For men 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: Mondays @ 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 Summer session

Duration: 12 weeks

Gambling Groups:

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: Start Date TBD, Accepting Referrals

Duration: 12 weeks

Insomnia:

Surviving 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: Closed

Duration: 5 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: Starting 6/5, Accepting Referrals

Duration: 8 weeks

Mind and Body:

The Body Keeps the Score

When: Fridays @ 10:00 AM

Clinician: Katie O'Leary

Description: This group focuses on the mind, body, & spirit connection with the understanding when we hurt emotionally, our body carries the pain. "The Body keeps the score" group integrates talk therapy and body-centered therapy by using mind-body exercises and physical techniques. The goal of group is to release the built up negative tension and energy in order to increase emotional and physical health. Individuals with a diagnosis of **PTSD, Depression, Anxiety, Adjustment Disorder**, and **Stress** whom hold **physical symptoms (stomachaches, headaches, back pain, muscle tension, fibromyalgia)** are encouraged to join! Group members will engage in different types of meditations, movements from yoga, use different essential oils, listen to different types of music, & healing through mindfulness.

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: Fridays @ 9:30AM

Clinician: Tegwyn Bennett

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

Exploring Trauma

When: Wednesdays @ 1 PM

Clinician: Stephen Katz

Description: A weekly group for men who have experienced trauma. The group has 6 sessions that are designed to help men begin to recover from the effects of trauma and to help them find ways to grow, to build resilience, to experience life more fully and to engage in deeper more meaningful relationships. The group provides an opportunity to learn new coping skills for dealing with the effects of all traumatic experiences but it is particularly focused on healing traumas that develop from hurtful interactions between us and others.

Status: Starting 5/23, Accepting Referrals

Duration: 6 Weeks

Recovery

Early Recovery

When: Fridays @ 1PM & Thursday @ 4PM

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: Thursday-Starting 4/10, Accepting Referrals. Friday- Closed

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:

Te invito un café

When: Mondays @ 10:00AM

Clinician: Natalie Rosario & Aide Perez

Description: Este grupo les proveerá con un ambiente seguro y confidencial para discutir temas como: depresión, ansiedad, prevención de suicidio, trauma, relaciones interpersonales, técnicas de relajación, entre otros.

Status: Open, 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: On-Hold

Duration: 6 months

Healing Trauma

When: Thursdays @ 11 AM -12:30 PM

Clinician: Tricia Bailey

Description: For women ages 21+

Status: Accepting Referrals. Starting 5/30.

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: Start Date TBD, Accepting Referrals

Duration: 10 weeks

Child/Adolescent

Child/Adolescent

Play Space

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

Clinician: Natalie Rosario

Description: For children ages 4-6 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 6/4, Accepting Referrals.

Duration: On-going

Bounceback!

When: Tuesdays @ 4PM

Clinician: 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: On-Hold, Send referrals to LeeAnn Page.

Duration: 10 weeks

Creative Reflections

When: Wednesdays @ 5 PM

Clinician: Athena Kobin

Description: Creative Reflections provides a safe and supportive space for creative expression. This group is open to individuals ages 14-17 who struggle with self-esteem, substance use, anger, worry, fears, hopelessness, bullying, difficult transitions, etc. Creating Reflections utilizes cognitive behavioral therapy, art therapy, and mindfulness techniques to overcome negative thoughts and feelings and improve wellbeing.

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 Adams

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: Open, Accepting Referrals

Duration: 5 Weeks

Voices

When: Tuesdays @ 5 PM

Clinician: Julie Adams

Description: Program of self-discovery and empowerment for girls. This group addresses the unique needs of adolescent girls and young women ages 14-18 who have experienced trauma and are currently struggling with depression, anxiety, substance use, low self-esteem, etc. This group on 4 modules: self, connecting with others, healthy living, and the journey ahead.

Status: Closed, Not Accepting Referrals

Duration: 18 Weeks

Social Learning

Flexible Friends! (4-7 years old)

When: Mondays @ 4PM & Tuesdays @ 4PM

Clinicians: Monday- Carol Dyson, Tuesday- Stephanie Donovan

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

Status: Both Open. Both Accepting Referrals

Duration: On-going

Perspective Detectives (7-8 years old)

When: Wednesday @ 4 PM & Thursday @ 4

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

Description: This group is designed to help children increase social awareness, emotional intelligence, and impulse control.

Status: Open, Both Accepting Referrals

Duration: On-going

Super Socializers (9-10 years old)

When: Wednesday @ 4 PM

Clinicians: Brittany Schnurr & Sarah Synott

Description: This 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 designed to assist children in developing and appropriately sharing their perspectives with peers.

Status: Open, Accepting Referrals

Duration: On-going

Adolescent Group (Boys 13-17 years old)

When: Thursdays at 5PM

Clinicians: Morgan Ajello

Description: This group is designed to help adolescents build skills to successfully navigate peer interactions in a safe, therapeutic environment.

Status: Open, Accepting Referrals

Duration: On-going

Adolescent Group (Girls 13-17 years old)

When: Mondays at 4PM

Clinicians: Morgan Ajello & Malyna Kettavong

Description: This group is designed to help adolescents build skills to successfully navigate peer interactions in a safe, therapeutic environment.

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: 4:30pm Accepting Referrals. 4pm Closed.

Duration: On-going