

Plainfield: 860.822.4938

Adults

Men's Groups:

Mindfulness and Wellbeing

When: Mondays @ 12pm

Clinician: Shane Murphy

Description: A group for adult men, 18 and older, who want to learn how manage stress and problems in their lives more effectively. The practice of Mindfulness teaches us how to increase self-awareness and has been shown to be effective in helping people who struggle with stress, anxiety, irritability, chronic pain, PTSD, and depression. 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: Closed, Accepting Referrals.

Duration: On-going

Maintaining Wellness:

Medication Management Group

When: Third Thursday of the month @ 10am

Clinician: Beth Lafontaine

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

MAT

MAT (Medication Assistant Treatment)

When: Thursdays @ 4pm

Clinician: Beth Lafontaine

Description: Only for those clients in the suboxone program

Status: Open, Accepting Referrals

Duration: On-going

Women's Groups:

Overcoming Depression

When: Thursdays @ 11am

Clinician: Alyssia Cinami

Description: The group will help members learn about depression and the many ways it impacts their lives. Members will work on improving their mood by changing negative thoughts and increasing positive activities. Members will also have the opportunity to discuss their experiences and learn and practice relaxation skills.

Status: Open, Accepting Referrals until 5/31.

Duration: 8 Weeks

Child/Adolescents

Adolescents

Not a #Number

When: Thursdays at 3pm

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 7-12. Using video, music, group activities, and discussions the curriculum

provides an interactive, age-appropriate program that identifies risky internet/messaging and social media use, defines human trafficking and exploitation, identifies recruitment tactics, talks about healthy and unhealthy relationships, builds skills to help avoid and/or navigate risky situations (online and in the community), and encourages youth to identify healthy support systems and local resources.

Status: Open, Accepting Referrals

Duration: 6 weeks

Social Learning

Flexible Friends! (4-6 years old)

When: Tuesdays @ 5 PM

Clinicians: Liz LeGary

Description: Utilizing CBT and Social Thinking interventions, this small group is designed to help young children increase impulse control and develop social skills to successfully navigate peer interactions.

Status: Open, Accepting Referrals

Duration: On-going

Perspective Detectives (6-8 years old)

When: Mondays @ 4 PM

Clinicians: Liz LeGary

Description: A group for kids 6-8 years old with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this small group is designed to help young children increase awareness and develop social skills to successfully navigate peer interactions.

Status: Open

Duration: On-going

Super Socializers (9-12 years old)

When: Wednesdays at 4 PM

Clinicians: Alyssia Cinami & Kaylyn Hewey

Description: A group for kids 9-12 years old with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, 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 Social Learning Group

When: Every other Tuesday at 4 PM

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 7-8 with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Status: Open

Duration: On-going

High School Social Learning Group

When: Every other Tuesday at 4 PM

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 9-12 with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Status: Open

Duration: On-going