

**Norwich Health Center: 860.892.7042**

## Adult

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### *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:** On Hold until January 2019

**Duration:** 14 weeks

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### *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:** Closed

**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

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## *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

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## *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

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## *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:** On Hold until January 2019

**Duration:** 12 weeks

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## *IDD:*

### Creative Expression

**When:** Wednesdays @ 1PM

**Clinician:** Katie Andrias & Natalie Rosario

**Description:** This play therapy group is designed for adults with intellectual developmental disabilities. Play therapy has been widely recognized as being effective with children, but research indicates that it is as beneficial for adults, especially those who struggle with traditional "talk therapy" (developmental disabilities, arrested emotional developmental stages, childhood trauma). Adults in this group will have the opportunity to communicate through non-verbal expression, utilizing toys and art materials available in the room. This group will use non-directive approach (person-centered play therapy), where adults, at their own pace, can learn: self-expression, coping skills, self-regulation, and improve self-esteem.

**Status:** Open, Accepting Referrals

**Duration:** On-going

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## *Legal/Substance Use:*

### Project 108

**When:** Wednesdays @ 5:30 PM

**Clinician:** Lauren Bishop

**Description:** Project 180 is a group for adults who have past or current legal and/or substance use issues and are interested in making changes to turn their lives around. This group will use a cognitive behavioral approach to help group members identify how their thoughts and feelings have impacted their decision making. Group members will learn to challenge and reframe distorted thoughts and beliefs, which can help them make better choices in the future.

**Status:** Accepting referrals. Starting 10/3

**Duration:** On-going

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## *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:** Closed. Accepting Referral for January 2019

**Duration:** 8 weeks

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## *Mind and Body:*

### Mind & Body Connection

**When:** Tuesdays @ 6PM

**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. "Mind & Body Connection" 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! Integration of yoga, medications, mantras, chakras, and befriending the body & mind!

**Status:** Closed, Accepting Referrals

**Duration:** 8 weeks

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## *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:** Thursdays @ 4PM & 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

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## *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:** Stephen Katz

**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

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## *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

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## *Recovery*

### Early Recovery

**When:** 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:** Open, Accepting Referrals

**Duration:** On-going

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## *Seeking Safety:*

### Adult Safe Space Group

**When:** Wednesday @ 6:00pm

**Clinician:** Ashley Webb & Christina Grandbois

**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

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### 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

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## *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

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## *Young Adult:*

### Life After Highschool

**When:** Tuesdays @ 4 PM

**Clinician:** Bethany Ackley

**Description:** For young adults to offer support and build life skills to navigate young adulthood and life after High School in a safe and therapeutic environment.

**Status:** Open, Accepting Referrals

**Duration:** On-Going

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## *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

## Child/Adolescent

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### *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:** Open, Accepting Referrals.

**Duration:** On-going

#### Girls Circle

**When:** Mondays @ 4PM

**Clinician:** Malyna Kettavong

**Description:** This group is open to girls ages 13-17 who are looking to gain self-confidence and develop healthy relationships. Over the course of 8 weeks the group will explore topics such as identifying personal goals and values, self-care, how to get along with others, and self-esteem.

**Status:** Open, Accepting Referrals.

**Duration:** 8 Weeks

#### 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 Zazzaro

**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 Mid-October

**Duration:** 8 weeks

#### CBITS

**When:** Wednesdays @ 4 PM

**Clinician:** Carol Dyson

**Description:** A group treatment for kids between the ages of 11-18 who have experienced significant stress or trauma. CBITS will help children to heal by teaching ways to cope with and recover from traumatic experiences. CBITS consists of 10 weekly group sessions, and individual session, and a parent group session.

**Status:** Closed

**Duration:** 10 weeks

### DBT for Adolescents

**When:** Tuesdays @ 4 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:** Ongoing

### Safe Space Corner

**When:** Wednesdays @ 5 PM

**Clinician:** Ashley Webb & Katherine O'Leary

**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 @ 4 PM

**Clinician:** Julie Adams & Malyna Kettavong

**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 10/8, 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

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## *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 Open, Accepting Referrals

**Duration:** On-going

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## ***Social Learning***

### **Flexible Friends! (4-7 years old)**

**When:** Mondays @ 4PM & Tuesdays @ 4PM

**Clinicians:** Monday- Colleen Roche & Kathryn Brahm, Tuesday- Jennifer Drago & Jennifer Maier-Gerst

**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 -Killary Kranc & Kathryn Brahm, Thursday - Carol Dyson & Irena Taylor

**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:** Karen Flanagan & 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:** 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