

Griswold: 860.376.7040

Adult

Chronic Pain:

Healthy Connections

When: Fridays @ 10:30AM

Clinician: Julie Martin & Rachel Greenholt

Description: having difficulties managing chronic pain or illness? Looking to build social connections? Come join out "Healthy Connections Group" for adults to socialize and receive brief psychoeducation on managing symptoms. Participants are encouraged to bring games and favorite activities (like knitting)!

Status: Open. 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: Open, Accepting Referrals

Duration: On-going

Substance Use:

Family of Addicted Loved Ones

When: Wednesdays @ 11AM

Clinician: Lauren Chapman MSW

Description: This group is for adults designed to strengthen and manage the relationships when a loved one is struggling with addiction

Status: Open, Accepting Referrals

Duration: On-going

Road to Recovery

When: 2nd and 4th Wednesday every month @ 11AM

Clinician: Florence LaPorte LADC & Jennifer Mackin MA MFT

Description: This group is for adults to engage in their recovery and maintain their sobriety. The bi-weekly group will focus on relapse prevention strategies in a non-judgmental environment.

Status: Open, Accepting Referrals

Duration: On-going

Women's:

Attacking Anxiety & Depression

When: 2nd 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

Managing the Winter Blues

When: 1st and 3rd Wednesday of month @ 11 AM

Clinician: Jen Mackin

Description: Afraid of the Seasonal "Funk" by feeling sad, moody with low-energy... Need a Boost and a way to manage those Winter Blues? Come join our "Managing the Winter Blues Group" for adult women to gain support and find ways to get through those dark and cold days.

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

Super Socializers

When: Wednesdays @ 5PM

Clinicians: Julie Martin LCSW & Lauren Chapman MSW

Description: A group designed for children in the late elementary stages 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: Thursdays @ 3:30PM

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: Julie Martin & 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