

Colchester: 860.537.7676

## Adult

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### *Arts*

#### Healing through Creative Arts

**When:** Wednesdays @ 2 PM

**Clinician:**

**Description:** This group is for adults who wish to engage in stress relief utilizing creativity and expression. It will combine art, music, and movement to help explore emotions and attune to the body's internal experience. Members will experience a safe and supportive environment to explore a wellness approach to help their mind, body, and soul heal.

**Status:** Open

**Duration:** On-going

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### *DBT*

#### DBT Skills

**When:** Mondays @ 6 PM

**Clinician:** Sara Walker & Craig Holch

**Description:** This co-ed group is for adults who struggle with intense emotions (including anxiety, anger, shame and depression), impulsive behaviors, difficulty 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! DBT is one of the leading evidence based practices originally developed and applied in an outpatient setting. There are four modules containing the skills taught in DBT: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness

**Status:** Open, accepting referrals

**Duration:** On-going

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### *Mindfulness:*

#### Mindfulness Group

**When:** Fridays @ 10AM

**Clinician:** Traci Howland

**Description:** Mindful parenting is designed to help individuals get in touch with how they are thinking and feeling so that they may become more aware and responsive to the needs of their child. Learn how to pause and respond with intention rather than react impulsively to the day to day experiences and challenges of parenting.

**Status:** Open, Accepting Referrals

**Duration:** On-going

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## *Recovery Group:*

### Adult Recovery in Action Group

**When:** Wednesdays @ 6:00 PM

**Clinician:** Carole Renca

**Description:** Designed for adults with varying amounts of recovery time. The major requirement for inclusion is that members must be clean and sober and are serious about maintaining their sobriety.

**Status:** Open

**Duration:** On-going

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## *Support Groups:*

### Young Adult Support Group

**When:** Wednesdays @ 5:00 PM

**Clinician:** Allison Divicino

**Description:** For young adults (ages 18-25) who are dealing with any mental health difficulties. The group will provide a safe and supportive environment to discuss topics and issues relevant to this age range, such as college difficulties, employment, managing finances and navigating the adult world. Topics will also include ways to cope with symptoms, family relationships, peer relationships and general life stress.

**Status:** Open

**Duration:** On-going

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## *Women's Groups:*

### Women's TREM

**When:** Thursdays @ 3:00 PM

**Clinician:** Becky Moore and Lindsay Moser

**Description:** For adult women who have been hurt by past abuse and want to become stronger and move forward in life. The 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:** Closed

**Duration:** On-going

### Women's Coping Skills

**When:** Tuesdays @ 1:30 PM

**Clinician:** Carole Renca

**Description:** This is a therapeutic support group for women in need of a safe, caring atmosphere to address life's challenges. You may be overwhelmed with day-to-day responsibilities, or rattled by a particular set of circumstances. This will be an open-ended, ongoing group where participants are welcome to join anytime there are openings.

**Status:** Open, accepting referrals

**Duration:** On-going

## Child/Adolescents

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### *Girls*

#### Girl's Circle Groups

**When:** Call Colchester for specifics

**Clinician:** Call Colchester for specifics

**Description:** This group uses a variety of Girls Circle curriculums and activities for middle and high school girls. This group is designed to help girls develop healthy and safe relationships and coping mechanisms in an ever-changing and challenging world. Topics addressed include: social and romantic relationships, drinking and drug use, and coping through hard times.

**Status:** Call Colchester for specifics

**Duration:** N/A

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### *Medication Management*

#### Children's Medication Management Group

**When:** 1st Monday of Month @ 5:00 PM

**Clinician:** Sara Walker

**Description:** This is a group for children who have successfully met their treatment goals, but continue to need the support of medication services. This group is only open to current UCFS clients.

**Status:** Call for openings

**Duration:** On-going

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### *Mindfulness*

#### Mindful Meerkats

**When:** Thursdays 5PM

**Clinician:** Traci H

**Description:** Mindful Meerkats is an ongoing group designed to support children ages 7-11 who may struggle with low frustration tolerance, disruptive or shutting down behaviors by integrating mindfulness based CBT and play therapy techniques to assist with self-awareness, emotion regulation and prosocial behaviors

**Status:** Open, Accepting Referrals

**Duration:** On-going

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### *School Age*

#### Middle School Support Group

**When:** Mondays @ 4PM

**Clinician:** Allison DiVicino

**Description:** This group focuses on helping middle school aged children cope with the stressors of this period in their lives. Open to both girls and boys ages 10-13, this group will explore topics such as managing depression and anxiety symptoms, coping with bullying, self-esteem, social skills, and overall surviving middle school!

**Status:** Open, Accepting Referrals

**Duration:** On-going

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## *Social Learning*

### Flexible You! (4-7 years old)

**When:** Mondays at 6 PM

**Clinician:** Sara Walker

**Description:** This small group is specifically aimed at learning the foundational skills needed for success in navigating basic peer relationships. With both structured and unstructured activities, the group is designed to simulate the variety of environments children need to master.

**Status:** Open, accepting referrals.

**Duration:** On-going

### Social Detectives/Superflex (8-12 years old)

**When:** Tuesdays @ 5PM

**Clinicians:** Lindsay Moser & Allison Divicino

**Description:** This group is open to children with high functioning autism, ADHD, and anxiety. It is specifically aimed at building skills to successfully navigate peer interactions in a safe, therapeutic environment utilizing a variety of social learning strategies

**Status:** Open, accepting referrals

**Duration:** On-going