

New London: 860.442.4319

## Adult

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### *Coping:*

#### Coping Together

**When:** Tuesdays @ 12:00 PM

**Clinician:** Katie Camann

**Description:** For adult men and women who want to improve their quality of life by learning skills to help change unwanted behaviors, emotions, and thoughts. The group will utilize CBT and DBT Skills that can help anyone having difficulty controlling and tolerating painful emotions, living in the present moment, and having meaningful and positive relationships.

**Status:** Open, Accepting Referrals

**Duration:** On-going

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### *Depression:*

#### Coping with Depression Group

**When:** Tuesdays @ 2:00 PM

**Clinician:** Michelle Gienau

**Description:** Will focus on what is happening in one's life right now and how to manage the symptoms of depression in a practical way that can be used in the present and future. Members will gain insight on how thoughts affect mood and behavior and learn coping skills.

**Status:** Open

**Duration:** On-going

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### *Medication Management:*

#### Maintaining Wellness

**When:** 1st Monday of the month @ 10am & 3rd Monday of the month @ 3:00 PM

**Clinician:** Jaime Shaw

**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:** 3rd Monday-Open, accepting referrals. 1st Monday-Not currently running.

**Duration:** On-going

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## *Mindfulness:*

### Adult Mindfulness Group

**When:** Thursdays @ 2:00 PM

**Clinician:** Paul Clark

**Description:** For adults age 18 and older 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.

**Status:** Accepting Referrals

**Duration:** 8 weeks

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## *Womens:*

### TREM

**When:** Thursdays @ 12:00 PM

**Clinician:** Katie Camann & Cami Ferguson

**Description:** This group is open to 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:** Starting 4/25, Accepting Referrals

**Duration:** -

## Child/Adolescents

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### *Adolescents*

#### Not A Number

**When:** Mondays @ 3:00 PM

**Clinician:** Megan Cameron

**Description:** A human trafficking and exploitation prevention group for children ages 12-18 who are at risk of or involved in human trafficking. Group members must attend each session to successfully complete the Not A Number prevention group.

**Status:** Open, Accepting Referrals

**Duration:** 5 Weeks

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### *Social Learning*

#### Perspective Detectives (7-8 years old, 2nd-3rd Grade )

**When:** Thursdays @ 4 PM

**Clinician:** Megan Cameron & Elizabeth Florentine

**Description:** This is a group for children ages 7-8, usually 2nd-3rd graders, involving social awareness skills like sharing, listening, using educational and play approaches

**Status:** Open, Accepting Referrals

**Duration:** On-going

#### Super Socializers (9-10 years old, 4th-5th Grade)

**When:** Tuesdays @ 5 PM

**Clinician:** Christine Ortiz

**Description:** This small group is designed to help children identify and modify thoughts and behaviors that hinder social success.

**Status:** Closed.

**Duration:** On-going

#### Teen Social Learning Group (13-18 years old, High School)

**When:** Thursdays @ 5 PM

**Clinicians:** Megan Cameron

**Description:** This is a co-ed group specifically aimed at building Social Thinking® strategies to successfully navigate peer interactions in a safe, therapeutic environment for teens who struggle with engaging with others, making friends, keep friends, anxiety, ADHD, disruptive behaviors, and/or Autism Spectrum Disorder.

**Status:** Open

**Duration:** On-going