

**Norwich Health Center: 860.892.7042**

## Adult

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### *DBT*

#### 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:** Colleen Roche

**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

**Duration:** 12 weeks

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### *Gambling Groups*

#### Early Recovery Group

**When:** Wednesdays @ 12:00 PM

**Clinician:** Cindie Friedman & Casey Little

**Description:** For individuals in early recovery for Gambling Addiction or anyone wishing to add to their recovery toolbox.

**Status:** Open, Accepting Referrals

**Duration:** 12 Weeks

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## *Grief*

### Letting go of Grief

**When:** Thursdays @ 11:00 AM

**Clinician:** Athena Zazzaro

**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:** Open, Accepting Referrals

**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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## *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 Referrals for January 2019

**Duration:** 8 weeks

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## *MATS*

### MATS (Medication Assistant Treatment)

**When:** Mondays @ 4PM & Thursdays 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:** Tuesdays @ 5PM

**Clinician:** Stacey Fresquez

**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, Accepting Referrals

**Duration:** On-going

### Medication Management Group

**When:** Last Tuesday of the month @ 5:30 PM

**Clinician:** Katie Andrias

**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, Accepting Referrals

**Duration:** On-going

### Medication Management Group

**When:** Last Wednesday of the month @ 9:30 AM & 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, Accepting Referrals for all groups

**Duration:** On-going

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## *Recovery*

### Early Recovery

**When:** Tuesdays @ 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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## *Spanish Speakers*

### Entendiendo Nuestro Duelo (Understanding Our Grief)

**When:** Wednesdays @ 10AM

**Clinician:** Aide Perez

**Description:** Un grupo en donde los participantes podrán discutir los diferentes sentimientos/emociones causados por el duelo, como las relaciones interpersonales afectan el duelo, técnicas de relajación, entre otros. (A group where participants will be able to discuss different feeling/emotions caused by grief, how interpersonal relationships impact grief, relaxation techniques and other.)

**Status:** Open, Accepting Referrals

**Duration:** On-going

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### Apoyo Latino: Un Grupo Mensual Para el Bienestar (Latino Support: A Monthly Wellness)

**When:** Second Monday of every month @ 10AM

**Clinician:** Melinda Gladden

**Description:** Este es un grupo de apoyo donde los participantes podrán discutir y aprender diferente temas sobre ansiedad, depresión, la auto estima, relaciones, maneras para comunicar, etapas de cambio, los sentimientos, parar los pensamientos negativo, las, etapas de pérdidas, y cómo manejar el estrés. (This is a support group in Spanish for participants to discuss and learn about different topics such as anxiety, depression, self-esteem, relationships, ways to communicate, stages of change, feelings, negative thoughts, stages of grief, and ways to manage stress.)

**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

### 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) Closed.

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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## *New Clients*

### Ways to Wellness

**When:** Tuesdays @ 3PM

**Clinician:** Stephen Katz

**Description:** Clients learn 6 evidence based interventions or skills (1 each week) which have been shown scientifically to reduce many mental health symptoms. All group members will practice the skills learned each week at home to discover what works best for their particular needs. Once a group member has attended group 4 times they will graduate to working with an individual clinician or an appropriate group.

**Status:** Open, Accepting Referrals

**Duration:** On-going

## Child/Adolescent

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### *Child/Adolescent*

#### Creative Reflections

**When:** Tuesdays @ 4PM

**Clinician:** Athena Kobin

**Description:** This group is an on-going group that 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. Creative Reflections utilizes cognitive behavioral therapy, art therapy and mindfulness techniques to overcome negative thoughts and feelings and improve well-being.

**Status:** Open, Accepting Referrals.

**Duration:** On-going

#### 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

#### Seeing Red

**When:** Thursdays @ 4PM

**Clinician:** Jason Dollard

**Description:** Seeing Red is a curriculum designed to help young students better understand their anger so they can make healthy and successful choices and build strong relationships. Seeing Red enables participants to learn from and empower one another. Its unique group helps children build important developmental objectives such as leadership skills (talking imitative, presenting in front of a group), social skills (taking turns, active listening) and building self-esteem (problem solving, interacting with peers).

**Status:** Open, Accepting Referrals

**Duration:** 12 weeks

#### CBITS

**When:** Wednesdays @ 4 PM

**Clinician:** Bethany Ackley

**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:** Accepting Referrals

**Duration:** 10 weeks

### Safe Space Corner

**When:** Wednesdays @ 5 PM

**Clinician:** Ashley Webb

**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

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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 -Hillary 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:** Joe Labreque & Colleen Roche

**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:** Colleen Roche

**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

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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