

Plainfield: 860.822.4938

Adults

Chronic Pain:

Feeling Better

When: Tuesdays @ 2pm

Clinician: Meg Bishop

Description: If you are dealing with ongoing issues related to pain and/or illnesses such as Crohn's, IBS, Diabetes, neurological problems, fibromyalgia, etc., this group is for you. Here you will find support from peers, education on ways to manage your symptoms, and strategies to help you cope with stress and pain.

Status: Open, Accepting Referrals.

Duration: On-going

Men's Groups:

Mindfulness and Wellbeing

When: Thursdays @ 2pm

Clinician: Shane Murphy

Description: A group for adult men, 18 and older, who want to learn how manage stress and problems in their lives more effectively. The practice of Mindfulness teaches us how to increase self-awareness and has been shown to be effective in helping people who struggle with stress, anxiety, irritability, chronic pain, PTSD, and depression. 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: Closed, Accepting Referrals.

Duration: On-going

Maintaining Wellness:

Healthy Mind Healthy Body

When: Mondays @ 12PM and Thursdays @ 2PM

Clinician: Shane Murphy

Description: This group is for adults experiencing difficulty with stress, anxiety, or depression. In this group you will learn and practice ways to manage symptoms more effectively. Coping strategies consisting of the cognitive triangle, mindfulness, progressive muscle relaxation, breathing techniques, visualization and grounding techniques. This group can be a stand-alone treatment option or for anyone looking to supplement his/her individual therapy with skills and techniques. The group will provide a way to support a weekly practice of coping strategies to help you manage stress and improve how you feel. Participants may attend one or both sessions if they would like.

Status: Open, Accepting Referrals

Duration: On-going

MAT

MAT (Medication Assistant Treatment)

When: Thursdays @ 4pm

Clinician: Victoria Hulsman

Description: Only for those clients in the suboxone program

Status: Open, Accepting Referrals

Duration: On-going

Women's Groups:

TREM

When: Mondays @ 10:30am

Clinician: Alyssia Cinami & Meg Bishop

Description: This group is open to women who are survivors of past abuse and want to become stronger and move forward in life. The group will provide a safe and supportive environment where women can learn about how past trauma affects their current behaviors and gain skills to deal with current life problems more successfully.

Status: Closed

Duration: -

Child/Adolescents

Adolescents

Not a #Number

When: Thursdays at 3pm

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 7-12. Using video, music, group activities, and discussions the curriculum provides an interactive, age-appropriate program that identifies risky internet/messaging and social media use, defines human trafficking and exploitation, identifies recruitment tactics, talks about healthy and unhealthy relationships, builds skills to help avoid and/or navigate risky situations (online and in the community), and encourages youth to identify healthy support systems and local resources.

Status: Open, Accepting Referrals

Duration: 6 weeks

Social Learning

Flexible Friends! (4-6 years old)

When: Tuesdays @ 5 PM

Clinicians: Liz LeGary

Description: Utilizing CBT and Social Thinking interventions, this small group is designed to help young children increase impulse control and develop social skills to successfully navigate peer interactions.

Status: Open, Accepting Referrals

Duration: On-going

Perspective Detectives (6-8 years old)

When: Mondays @ 4 PM

Clinicians: Liz LeGary

Description: A group for kids 6-8 years old with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this small group is designed to help young children increase awareness and develop social skills to successfully navigate peer interactions.

Status: Open

Duration: On-going

Super Socializers (9-12 years old)

When: Wednesdays at 4 PM

Clinicians: Alyssia Cinami & Kaylyn Hewey

Description: A group for kids 9-12 years old with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, 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 Social Learning Group

When: Every other Tuesday at 4 PM

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 7-8 with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Status: Open

Duration: On-going

High School Social Learning Group

When: Every other Tuesday at 4 PM

Clinicians: Kaylyn Hewey

Description: A group for adolescents in grades 9-12 with Asperger's/High Functioning Autism, ADHD, Anxiety. Utilizing CBT and Social Thinking interventions, this group is designed to help children identify and modify thoughts and behaviors that hinder social success.

Status: Open

Duration: On-going