



# ARBOUR COUNSELING SERVICES

*A Division Of Arbour Health System*

## JAMAICA PLAIN GROUP SCHEDULE

157 Green Street, Jamaica Plain, MA 02130

Updated February 5, 2016

To schedule an appointment for any group, please call 617-390-1295 Monday through Friday 8:00 a.m. to 4:00 p.m. There will be insurance restrictions depending upon group facilitator, which can be reviewed at time of initial call to Arbour Counseling Services. All groups are ongoing except where noted.

### **Women's Support Group**

*Tuesdays 10:45 a.m. to 12:00 noon*

A processing group for women covering issues such as family and relationship stressors, grief, trauma, emotional regulation, co-dependency, impulse control, managing emotions and feelings, self-confidence, increasing self-awareness, building a stronger emotional vocabulary, and addressing history of abuse and addiction.

### **Women's Latina Support Group**

*Mondays 4:00 p.m. to 5:00 p.m. and Tuesdays 3:00 p.m. to 4:00 p.m.*

A processing group for Latina women focused on language barriers, relationships, anger, resources and parenting.

### **Anxiety and Depression Group**

*Wednesdays 10:45 a.m. to 12:00 noon. or 2:45 p.m. to 4:00 p.m.*

This group focuses on understanding triggers, developing coping skills, understanding and reducing feelings of isolation, building an emotional vocabulary and gaining new insight about anxiety and/or depression.

### **Strength and Recovery Group**

*Wednesdays 4:15 p.m. to 5:30 p.m.*

This group supports individuals who desire to abstain from addictions including to alcohol/drugs, food, gambling, etc. The group uses evidence-based addiction treatments such as Cognitive Behavioral Therapy and motivational interviewing.

### **Parenting Support Group**

*Thursdays 10:00 a.m. to 11:00 a.m.*

Co-ed processing group for parents of children of all ages, covers parenting struggles, coping skills, understanding parent and children's behaviors, understanding the role parent mental health/addiction plays in children's lives, understanding child development, understanding "buttons". Learn to establish limits and boundaries with children, obtain support with working with outside services such as schools or DCF, and build a support system.

### **Men's Group**

*Tuesdays 6:30 p.m. to 7:45 p.m.*

Group focuses on anger, relationships, trauma, and/or substance abuse issues.