



ARBOUR COUNSELING SERVICES

A Division Of Arbour Health System

WORCESTER GROUP SCHEDULE

411 Chandler Street, Worcester, MA 01602

Updated June 8, 2017

To schedule an appointment for any group, please call 508-799-0688 x112 Monday through Friday 8:30 a.m. to 5:00 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.

DBT (DIALECTIC BEHAVIORAL THERAPY) SKILLS GROUPS

Adults: Mondays 12:00 noon, Thursdays 3:00 p.m. and 5:00 p.m. Teens: Tuesdays 4:00 p.m.

DBT is an evidenced-based treatment designed to help individuals better manage emotions, improve relationships, build self-esteem, and live a less stressful and more peaceful life. Skills will be taught in the areas of emotion regulation, distress tolerance, mindfulness, and interpersonal effectiveness. This group is not an ongoing group. Call for information on when new groups will begin.

MEDICATION MANAGEMENT

Adults: Tuesdays 9:30 a.m. and 5:30 p.m. monthly

Monthly group will hold clients who need to continue in treatment for medication management purposes. This group will assist individuals succeed by assisting one another to use coping skills, remember to schedule and attend medication appointments, and take medications.

WOMEN'S GROUP

Adults: Mondays 5:30 p.m. Teens: Mondays 4:00 p.m.

A processing group for women covering issues such as family and relationship stressors, grief, trauma, emotional regulation, co-dependency, impulse control, self-confidence, increasing self-awareness, and positive communication.

ANGER MANAGEMENT

Adults: Tuesdays 9:30 a.m.

This group focuses on understanding triggers, developing coping skills, reducing feelings of isolation, building emotional vocabulary, and gaining new insight into anger.

SYMPTOM MANAGEMENT

Adults: Tuesdays 12:30 p.m.

This group supports individuals stepping down from a more acute level of care and managing symptoms as adjusting to daily life.

ANXIETY MANAGEMENT

Adults: Thursdays 10:00 a.m. Teens: Wednesdays 4:00 p.m.

This group focuses on understanding triggers, developing coping skills, reducing feelings of isolation, building emotional vocabulary, and gaining new insight into anxiety.

RELAPSE PREVENTION

Adults: Mondays 5:30 p.m. Teens: Thursdays 4:00 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.

EXPRESSIVE THERAPY

Adults: Thursdays 5:30 p.m.

Exploring depression and anxiety through Expressive Therapies, CBT skills and DBT skills.

TEEN EMPOWERMENT

Teens: Wednesdays 4:00 p.m.

A supportive environment that focuses on building positive self-image, confidence, communication, stress management and difficult emotions. Individuals will develop insight to help build emotional resiliency and positive self-expression.

PARENT GROUP

Tuesdays 10:45 a.m. and (Spanish) Wednesdays 11:00 a.m.

Co-ed processing group for parents of children of all ages offering education and support. Topics include common parenting challenges, setting limits, understanding child development, coping skills, and exploring the parent/child relationship. Support with collaborating with outside services such as schools, therapists, or DCF.

SOCIAL SKILLS GROUP

Children and Adolescents: Wednesdays 4:30 p.m.

Assisting children and Adolescents to develop age-appropriate social skills in a safe and supportive peer group.

HEALTHY RELATIONSHIPS

Wednesdays 9:30 a.m. and (Spanish) Mondays 10:45 a.m.

This group allow individuals to gain insight of both themselves and their relationships with others. The groups will empower individuals to thrive in their relationships and learn how to cultivate more intimate, satisfying and nourishing relationships in a safe environment.