



Anxiety & Depression Group (Adults)

~ **Thursdays** ~ 6:00–7:00pm

Jennifer Julstedt, LPC



Finding the Way Back to Yourself

Positive Psychology Closed Group - Requires Pre-Approval

Utilizing a scientific approach to help participants improve overall optimism, life satisfaction, happiness, well being, gratitude, compassion, self esteem and hope.

~ **Mondays** ~ 1/27, 2/10, 2/24, 3/09, 3/23, 4/06 ~ 5:30-6:30pm

Angelica Hughes, LPC and Jessica McDonough, LPC

Teen Coping Skills Group

~ **Mondays** ~ (Jan 20, Feb 17, April 13) ~ 12:00-12:45pm

Amanda Rosentel, LCSW

Grief Support Group

~ **Every other Wednesday (Starts 1/08/20)** ~ 3:00-4:00pm

Andrea "AJ" Oravec, LCSW

Post Psychiatric Hospitalization Support Group

~ **Every other Wednesday (Starts 1/15/20)** ~ 3:00-4:00pm

Andrea "AJ" Oravec, LCSW

Call 570.346.3686 to register

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