

## THERAPY SERVICES GROUPS

### **MONDAYS**

#### **CULTIVATING RESILIENCE THROUGH DBT SKILLS TRAINING - MONDAY | 1:00 – 2:00 PM |**

Center for Healthy Living, CDA

Whether you've had past training or need a refresher course, this Dialectical Behavior Therapy (DBT) Skills Building Group is geared for participants to learn practical skills to manage intense emotions, improve relationships, tolerate distress, and increase mindfulness. This is an opportunity to learn, practice, and even master essential techniques that empower a more intentional and balanced life.

AGES: Adults only 18+

GROUP FACILITATOR: Marla Tavares, LCSW; OPEN ENROLLMENT: Zoom Available.

### **TUESDAYS**

#### **EMERGING ADULT GROUP - TUESDAY | 1:30 – 2:15 PM | Center for Healthy Living, CDA**

This is a collaborative group experience focusing on exploration of common themes of early adulthood. Curriculum developed by a neurodivergent person will be utilized. Individuals experiencing neurodiversity are encouraged to attend. Topics may include - Managing self-care, preventing burnout, improving ability to regulate emotions, increasing meaningful connection and communication.

AGES: 18 - 30

GROUP FACILITATOR: Tricia O'Connor, MA, LCPC; OPEN ENROLLMENT; In person encouraged

### **WEDNESDAYS**

#### **PARENTING SKILLS - WEDNESDAY | 1:00 – 2:00 PM | Center for Healthy Living, CDA**

Feeling overwhelmed and exhausted by your child's disruptive behaviors? Join us for a supportive, skills-focused parenting group grounded in the evidence-based RUBI curriculum. This group is designed to help parents and caregivers understand what drives behavior and implement a variety of behavior management strategies including prevention and effective reinforcement. Gain confidence in your parenting skills, reduce stress at home, and strengthen your relationship with your child.

AGES: Adults only 18+

GROUP FACILITATOR: Mellisa Carlson, LCSW; OPEN ENROLLMENT: 12-16 week group with rotating topics; Zoom Available.

**\*\*Starting Wednesday, February 4, 2026\*\***

**ADULTS EXPERIENCING CHRONIC ILLNESS & SELF COMPASSION GROUP Wednesdays - 1:30 – 2:15 PM | Center for Healthy Living, CDA**

A psychoeducation group utilizing Cognitive Behavioral Therapy (CBT) to explore and develop practices that increase health and wellness and introduce compassionate self-care concepts.

This group is offered to adults experiencing a chronic medical condition. Participants will be provided handouts and concrete examples and will leave this group experience with practical strategies that improve ability to implement practices that support health and compassionate self-care.

AGES: ADULTS ONLY 18+

GROUP FACILITATOR: Tricia O'Connor, MA, LCPC; OPEN ENROLLMENT | 10 – 12 WEEK GROUP -

### **THRIVE AND CONNECT: 24-WEEK DBT SKILLS JOURNEY – WEDNESDAY | 3:00–4:00 PM**

Center for Healthy Living, CDA

Want to feel more in control of your emotions and improve your relationships? This 24-week Dialectical Behavior Therapy (DBT) Skills-Building group offers interactive exercises to develop the essential skills to manage difficult emotions, build stronger connections, and create a meaningful life.

AGES: Adults only 18+

GROUP FACILITATOR: Marla Tavares, LCSW; OPEN ENROLLMENT: Zoom Available.

### **LGBTQ+ GROUP - WEDNESDAY | 4:00 - 5 PM | Center for Healthy Living, CDA**

Interactive, psycho-educational sessions that encourage constructive behaviors and healthy ways of coping in a safe and supportive environment for members of the LGBTQ+ community.

AGES: Adults 18+

GROUP LEADER: Melinda Soltys, LCSW; OPEN ENROLLMENT; Zoom available

## **THURSDAYS**

### **MINDFUL LIVING THROUGH DBT SKILLS TRAINING - THURSDAY | 10:00 – 11:00 AM | Center for Healthy Living, CDA**

Ready to cultivate resilience, emotional balance, and deeper self-awareness? This Mindful-Based Dialectical Behavior Therapy (DBT) Skills Training Group offers a supportive and empowering space to learn and practice powerful tools for navigating life's challenges. Mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills, provide the opportunity to reduce suffering, build healthier relationships, and create a life worth living. Join us to embark on a journey of growth and well-being.

AGES: Adults only 18+

GROUP FACILITATOR: Marla Tavares, LCSW; OPEN ENROLLMENT: Zoom Available.

### **ANGER MANAGEMENT - THURSDAY | 3-4 PM | Center for Healthy Living, CDA**

Explore anger and the aggression cycle using Cognitive behavioral therapy (CBT), which has been found to be an effective, time-limited treatment to manage anger. Each participant will develop an individualized plan to manage intense emotions. This group offers CBT interventions including relaxation, cognitive, and communication techniques.

AGES: Adults only 18+

GROUP FACILITATOR: Annaliese Pelletier, LCSW; CLOSED ENROLLMENT; 12-14 WEEK GROUP; Zoom available.

**PARENT TRAINING FOR CHILDREN WITH DISRUPTIVE BEHAVIOR THURSDAYS | 5 – 6 PM |**

Center for Healthy Living, CDA

This group provides parents of children with disruptive behavior tools and strategies for preventing, managing, and replacing these disruptive behaviors with more appropriate skills. The RUBI curriculum developed by Dr. Keran Bearrs will be used. Parents and caregivers are encouraged to attend without the children. Topics may include - Teaching skills, reducing challenging behavior, developing a visual schedule, and teaching communication.

GROUP FACILITATOR: Nickie Lustig, PhD, BCBA-D; OPEN ENROLLMENT; In person encouraged/zoom option available

\*starting 2/19/26

**FRIDAYS**

**CIRCLE OF SECURITY PARENT PROGRAM - FRIDAY | 10:00 AM – 11:30 AM | Center for Healthy Living, CDA**

The Circle of Security Parenting (COSP) program offers a transformative journey, providing insights and tools to decode your child's needs and respond in ways that foster security and trust. Understand the dynamics of attachment and learn practical strategies to navigate challenging behaviors, how to offer comfort effectively, and build a stronger, more loving bond that will benefit your child's lifelong emotional well-being. Invest in your relationship and unlock the secrets to secure attachment with the Circle of Security Parenting program.

AGES: Adults only 18+

GROUP FACILITATOR: Marla Tavares, LCSW; CLOSED ENROLLMENT: 8-WEEK GROUP: Zoom Available.

\*rotates with other group; please reach out to Marla for dates

**PATHWAY TO WELLNESS: CREATE A PERSONALIZED WELLNESS PLAN – FRIDAY | 10:00 AM – 11:30 AM | Center for Healthy Living, Cd'A**

Group participants are guided through a structured process of developing and implementing a personalized wellness plan that supports their mental health recovery and overall wellbeing. Specific components of the plan include identifying effective coping skills, resources, and support systems that promote daily wellness, manage symptoms, and prevent or navigate crisis events. Participants are empowered to assume an active role in their recovery, increase self-awareness, and improve their overall quality of life.

AGES: Adults only 18+

GROUP FACILITATOR: Marla Tavares, LCSW; CLOSED ENROLLMENT: 6-WEEK GROUP; Zoom Available.

\*rotates with other group; please reach out to Marla for dates

**ART THERAPY GROUP - FRIDAY | 1:30 – 3:00 PM | Center for Healthy Living, CDA**

Creative expression has been shown to promote healing and positive mental health. This group can include drawing, painting, coloring, collage, etc. Creating art and viewing others' art is used to explore emotions, increase self-awareness, improve self-esteem, cope with difficult emotions, and develop social skills. No artistic ability is needed to try art therapy.

AGES: 18+ (older teens with parent permission)

GROUP LEADER: Melinda Soltys, LCSW; OPEN ENROLLMENT; Zoom available

**PLEASE NOTE:**

- **Any outside referrals for groups must call Heritage Health Therapy Services 208.620.5255 prior to attending.**
- **Some insurances do not cover group therapy. It is essential that clients understand the limitations of their policies and self-pay options prior to attending.**
- **Current Heritage Health clients can be referred using Athena patient case**