

GROUP COUNSELING SERVICES



Family Service & Community Mental Health Center

4100 Veterans Parkway

McHenry, IL 60050

(815) 385-6400

www.familyserviceonline.org

ADULT GROUPS		
GROUP NAME	DURATION	DESCRIPTION
Anger Management	Open Enrollment 10 WEEKS	Do you have trouble controlling your anger? Learn the art of managing anger. Group works on errors in thinking connected to anger, triggers for anger, anger coping skills, & healthy alternatives to conflict. This is a curriculum-based group that uses a cognitive-behavioral approach.
Bipolar Group Intro & Bipolar Group Advanced	Open Enrollment 12 WEEKS	Do you want to break the cycle of recurring depression, keep mania from ruining your life, discover new ways to cope with stress & negativity, & learn how to focus your thoughts & accomplish your goals? Do you want to understand more about your recent bipolar diagnosis? Please join us for these powerful groups.
Changes & Choices	Open Enrollment 10 WEEKS	A co-ed group focusing on common errors in thinking that often lead people into trouble with the law, parents, family, school, and/or work. Learn healthy alternatives to these behaviors & thinking errors & get your life back on track.
Community Services & Resources	Twice a month Open Enrollment	Adult MI population explores clients' needs & the services & community resources to meet them.
Dialectical Behavior Therapy (DBT)	Open Enrollment 16 WEEKS	Learn effective & healthy strategies to manage emotions, reduce impulsive behaviors, eliminate self-destructive behaviors, & end emotional over-reactions.
Financial Matters	Open Enrollment Scheduled by Referral	Learn the art of budgeting & about finances in general.
Good Food, Great Price	Open Enrollment	Psychoeducation regarding meal planning, pricing, & purchasing.
Growing Through Grief	8 WEEKS	At some point in our lives, grief will affect us. We never know when & it is always difficult to work through. If you are struggling with grief & need support, we can help you. Join us as we work compassionately through your grief & provide you with tools to help you live with it.
Interpersonal Effectiveness	Open Enrollment 4 WEEKS 4 MODULES	A group designed to help anyone learn to communicate more effectively. Each module meets for four weeks, with new groups starting twice a month. The four modules are: 1) Boundaries, 2.) Assertiveness, 3.) Stop Overreacting, 4.) Facing Conflict
Life 101 (ages 18 to 24)	Open Enrollment 8 WEEKS	This youth group develops independent living skills & will assist participants in gaining life skills. It uses an evidenced-based curriculum designed around therapeutic group activities.
Love & Respect	Open Enrollment 7 WEEKS	Is your relationship getting harder or even falling apart? It's never too late to mend any relationship. This is a curriculum-based group used all over the country to develop the communication, compromise, & healthy argument skills that make any marriage or relationship a success. No matter how bad it seems we can help you get your relationship back together.
Mind Over Mood	Open Enrollment 8 WEEKS	Are you sad, tired, lonely, & unable to get moving, anxious, stressed, or experiencing other anxiety or mood symptoms? Learn how to change your thinking & develop new skills to beat your issues. We utilize state of the art cognitive behavioral strategies, group discussion, practice, & homework to help you control your mood symptoms.
Survivors of Childhood Sexual Abuse Introductory & Advanced	12 WEEKS	Identify & change harmful feelings & beliefs resulting from childhood sexual abuse. Lead a more effective life, develop a positive attitude, & learn skills for life.

Please contact the Access Department for additional information. 815-385-6400 ext. 2919

Listing updated 08/09/11

**ADULT INTENSIVE GROUPS**

GROUP NAME	DURATION	DESCRIPTION
T.A.P.S. Taking a Positive Step	Open Enrollment	This group covers a series of topics that range from social, educational, vocational, behavioral, & cognitive interventions for increasing the client's potential.
Dual Diagnosis	Open Enrollment	This group is designed to meet the needs of people struggling with addiction as well as mental illness. It takes place in a supportive setting where a counselor-led peer group can work together to overcome the unique challenges of navigating sobriety and mental illness.
IOP Daytime & Evening	Open Enrollment	This is an intensive outpatient program designed for clients with a substance abuse diagnosis.
MATRIX IOP	Open Enrollment	This is an intensive outpatient program designed for clients with a heroin abuse diagnosis.