

## Groups For Adults

**Serving McHenry County Residents- For All Groups Call (815) 385-6400**

GROUP NAME - Contact Name and Extension Numbers Below	TIME	DURATION ENROLLMENT	DESCRIPTION
<b>Anxiety &amp; Stress Management</b> Gayle Schultz, LCSW, Ext 2428	TBA	8 Week Group No Open Enrollment	A co-ed recovery program for overcoming panic, anxiety and stress symptoms utilizing state of the art cognitive behavioral strategies and the use of homework and videotapes
<b>Boundaries Group</b> Gayle Schultz, LCSW Ext 2428	TBA	8 Week Group No Open Enrollment	Take control of your life. Learn what boundaries are and how to set them in relationships, in your job and with yourself. Co-ed group.
<b>Anger Management</b> Scott Brown, LCPC, ext 2423	Mondays 5-6:30pm	10 Week Group	A co-ed group for ages 18+ that will focus on common errors in thinking that can often lead to trouble and the healthy alternatives/coping with anger.
<b>Dialectical Behavior Therapy</b> Jamie Pitzman, MA, LCPC, Ext 2426 Jim Messerschmidt, MSW, LCSW, Ext 2427	Thursdays 1-2:15pm & Mondays 2-3:30pm	16 Week Group No Open Enrollment	Coping strategies to reduce impulsivity, self destructive behaviors and emotional over-reactivity.
<b>Positive Parenting Group</b> Barb Easterday LCSW, Ext 2474	Wednesdays 6:30-8pm	8 Week Group	For Parents of children 10 and under. Will help to understand and apply basics to improve family situations
<b>Overcoming Emotional Overeating- A Therapeutic Group</b> Marilyn Weniger, MA, LCPC, Ext 2425 Paula Briedis, MA, LCPC, Ext 2425	TBA	36 Week Group	Focuses on psychological meaning of eating and assisting members in ending emotionally driven overeating.
<b>Depression</b> Scott Brown, LCPC, Ext 2423	Mondays 3-4pm		Discover how depression affects us and the secrets to happiness, health, contentment and recovery.
<b>Survivors of Childhood Sexual Abuse</b> Paula Briedis, MA, LCPC, Ext 2425	Wednesdays 7:30-9pm		Identify and change harmful behaviors resulting from childhood sexual abuse. Lead more effective lives, develop positive attitudes and skills.
<b>Women's Assertiveness Group</b> Marilyn Weniger, MA, LCPC, Ext 2425 Paula Briedis, MA, LCPC, Ext 2425	Tuesdays TBA	7 Week Group	Participants will learn to communicate and behave in a way that helps them to become more confident and relate better to others.
<b>Parent Empowerment</b> Amy Sica, LCSW Tia Poggensee, MSW	Last Tuesday of Month 5:30pm	10 Week Group	Parent/Child= Fun. Parent Empowerment focusing on child and parent bonding activities.(For ADHD kids/parents)



### FAMILY SERVICE & COMMUNITY MENTAL HEALTH CENTER

*"Helping People Help Themselves Since 1959"*

4100 Veterans Parkway, McHenry, IL 60050 **(815) 385-6400**

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