

Group Therapy Schedule - Winter 2012

Group	Facilitator	Clinic site	When	Who	Availability	Session length	Description
Life Skills Group	Julie Marhefka, RN, MSN	Marlborough	Monday 11 a.m. - 12:30 p.m.	Co-ed	CLOSED Call for next available session	16 weeks	Adults will learn and practice skills of Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance to help manage life stressors more effectively. Group participants MUST be able to attend group and otherwise be committed to improving their life.
Women's Group	Faith Zunner, RN / Pat Hanson, MD	Framingham	Thursday 10:30 a.m. - 12:30 p.m.	Women	Accepting new participants	Ongoing	This women's group focuses on life stressors and coping skills in an atmosphere of mutual support and respect. This group model combines therapy with medication management through coordinated appointment with a practitioner.
Men's Negotiation and Engagement Team (NET) Group	Faith Zunner, RN / Pat Hanson, MD	Framingham	Thursday 3 - 4 p.m.	Men	Accepting new participants	Ongoing	This men's group focuses on life stressors and coping skills in an atmosphere of mutual support and respect. This unique group model combines therapy with medication management through coordinated appointment with a practitioner.
Life Skills for Women	Julie Marhefka, RN, MSN	Framingham	Thursday 2 - 3:30 p.m.	Women	CLOSED Call for next available session	16 weeks	Adults will learn and practice skills of Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance to help manage life stressors more effectively. Group participants MUST be able to attend group and otherwise be committed to improving their life.
Co-ed Substance Abuse	TBA	Marlborough	Thursday 5:30 - 6:45 p.m.	Co-ed	Accepting new participants	Ongoing	This group offers adults the opportunity to understand the dynamics of addictive behavior, recognize relapse triggers, and develop relapse prevention plans. Support is offered to help maintain a chemical free lifestyle and begin to make healthy life choices.
Anger Management for Developmental Disabilities	John Attram, MA	Framingham	Thursday 6 - 7 p.m.	Male	3 openings	Ongoing	This group gives adults with developmental disabilities an opportunity to have an understanding of how anger manifests itself for each group member. In addition, the group provides a supportive setting in which members learn and practice coping mechanisms and social skills to effectively manage feelings of anger.
Spanish Speaking Medication Management	Malu Lopez, LICSW / Amit Granot, MD	Framingham	Friday 12 - 1 p.m.	Co-ed	Accepting new participants	Twice per month	The goal of this twice-monthly group is to facilitate medication management in a bilingual setting. Provides opportunity for young adults with dual diagnosis to give and receive support.
Co-ed Anger Management	Steve Skinner, LMHC	Marlborough	Wednesday 5:30 - 6:30 p.m.	Co-ed	CLOSED Call for next available session	12 weeks	This is a 12-week group for women and men 18 and up. Focus is on concrete strategies for reducing/preventing anger and making healthier decisions around how to express it. Members will learn cognitive strategies, relaxation exercises, and assertiveness.
Women's Recovery	Karen Scafidi, MA	Marlborough	Tuesday 5:30 - 6:30 p.m.	Women	Accepting new participants	14 weeks	This group is specifically designed for women recovering from drug and/or alcohol abuse and focuses on relapse prevention through living a balanced life and goal setting.
Anger Management for Developmental Disabilities	Eric Millen, MA	Marlborough	Monday 6 - 7 p.m.	Co-ed	Accepting new participants	Ongoing	This group gives adults with developmental disabilities an opportunity to have an understanding of how anger manifests itself for each group member. In addition, the group provides a supportive setting in which members learn and practice coping mechanisms to effectively manage feelings of anger.

Interested in joining a group therapy session?

Call Framingham - (508) 661-2000 prompt 1

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