

# NOW OFFERING THERAPEUTIC SUPPORT GROUPS



## **Dual Diagnosis Support Group (adults 18+)**

Led by Melissa Bigger, LCSW, LCAS

Mondays 5:30 - 6:45pm

Often times when people are experiencing a mental health condition, they use or misuse substances as a way to cope. This group focuses on increasing awareness about the impact substance use and mental health have on one another and how to reduce addictive behaviors. The group provides general support and psychoeducational tools to cope with mental health and substance use. The clinician utilizes Cognitive Behavioral Therapy, Motivational Interviewing and Dialectical Behavior Therapy to help improve coping skills and reduce maladaptive behaviors. Topics include triggers, the disease model of addiction, coping skills, consequences of co-occurring disorders, and relapse prevention.



## **After Care Support Group (adults 18+)**

Led by Sheri Tiziani, MS, LCMHCS

Wednesdays 5:30 - 6:45pm

The After Care Group is an opportunity for individuals who have already completed some type of mental health treatment to receive ongoing support. This group allows participants to process generally and receive and provide support, as well as review psychoeducational topics related to relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem. Self-reflection is encouraged as a way to provide insight into patterns contributing to both mental health struggles and wellness.



## **Men's Support Group (adults 18+)**

Led by Andrew Harris, MS, LCMHC

Mondays 5:30 - 6:45pm

Men often do not seek mental health treatment because of the additional stigma which can lead to avoidance, anger, isolation and substance abuse. This group provides a safe space for men to communicate and receive support through general processing. Psychoeducational topics include relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem.



## **Family Support Group (adults 18+)**

Led by Erin Dos Reis, LCSW

Wednesdays 5:30 - 6:45pm

The group will help each family unit to better understand what their loved one is experiencing while in treatment and how to best support them on their mental health journey. Family members will have an opportunity to process, and receive and provide support. The clinician will focus on general mental health education and psychoeducational topics related to relapse prevention, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, self-awareness and parenting skills/ support.

**To inquire, please call HopeWay Psychiatry  
& Associates at 980-859-0990.**

Cost per session \$50