

NOW OFFERING
THERAPEUTIC SUPPORT GROUPS
STARTING AUGUST 23RD



**Addictive Behaviors Support Group
(adults 18+)**

Led by Melissa Bigger, LCSW, LCAS

Mondays 5:30 - 6:45pm

The group focuses on reducing addictive behaviors while providing general support, an opportunity to process and psychoeducational tools. Topics include triggers, the disease model of addiction, coping skills, consequences of addiction, and relapse prevention. Throughout the group, the clinician will also focus on the impact addictive behaviors and mental health have on one another while working to lessen the targeted behavior.



**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.



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

Led by Sheri Tiziani, MS, LCMHCS

Mondays 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.



Family Support Group

(immediate adult family members of HopeWay clients)

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 learning while at HopeWay, what to expect during 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. This could also be appropriate and beneficial for HopeWay alumni families.
(10-week commitment)

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

Cost per session \$50

Groups will be at 1717 Sharon Road West, Charlotte, NC 28210
hopeway.org/psychiatryassoc