

Vinfen

VINFEN BEHAVIORAL HEALTH IS EXCITED TO OFFER A SERIES OF NEW SUPPORT GROUPS STARTING IN FEBRUARY!

We have designed these groups to cover a wide range of topics for both adults and youth to learn new coping skills, understand symptoms, and come together to give and receive support.

REBUILD & RISE THERAPY GROUP

Learn more about harmful dating behaviors, safety, boundaries, and empowerment in relationships.

When: Every Friday, starting February 9, 2024

Time: 5:30pm – 6:30pm

Duration: 8 weeks

Location: 40 Church Street, Lowell, MA

HEALTHY MIND, HEALTHY LIFE – SKILLS DEVELOPMENT GROUP

This skills development group will help individuals understand the impact anxious symptoms have on daily functioning. Together, we will practice positive coping skills to better manage symptoms of anxiety, improving overall quality of life.

When: Every Monday, starting February 5, 2024

Time: 5:00pm – 6:00pm

Duration: 8 weeks

Location: 439 South Union Street, Lawrence, MA

HEALTHY BOUNDARIES PSYCHOEDUCATION GROUP

Learn more about how to set healthy boundaries.

When: Every Thursday, starting February 8, 2024

Time: 11:00am – 12:00pm

Duration: 16 weeks

Location: 40 Church Street, Lowell, MA

RELAPSE PREVENTION GROUP

Achieve abstinence from substance use disorders, reduce the risk of relapse, and learn healthy coping skills to enhance quality of life. Become more educated about the signs, symptoms, causes, effects, treatment modalities, and where to seek help.

When: Every Thursday, starting February 8, 2024

Time: 1:00pm – 2:00pm

Duration: 12 weeks

Location: 40 Church Street, Lowell, MA

GIRLS GROW GROUP

Therapy group for girls ages 12 to 14 focused on building confidence and empowering girls to recognize their strengths.

When: To be determined

Time: To be determined

Duration: 6 weeks

Location: 40 Church Street, Lowell, MA

MANAGING DEPRESSION WITH CBT GROUP

Learn new skills and gain extra support to manage your symptoms of depression.

When: Every Wednesday, starting February 7, 2024

Time: 11:00am – 12:00pm

Duration: 10 weeks

Location: Virtual

INTERESTED IN ATTENDING? CALL 978-674-6744 TO SIGN UP.

If you have questions about any of our group offerings, please contact bhinfo@vinfen.org.