

# Vinfen

Transforming lives together

## VINFEN BEHAVIORAL HEALTH IS EXCITED TO OFFER A SERIES OF NEW SUPPORT GROUPS!

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

**Groups will be held in Lowell and have hybrid availability.**



### RELAPSE PREVENTION

For those in recovery from alcohol or other addiction who have a history of relapse, or are afraid they might relapse. Together we process our behaviors, what makes us vulnerable to relapse, and most importantly how to prevent a person from entering the relapse cycle.

18+ | Mondays from 1:00 – 2:00pm | 391 Varnum Avenue, Lowell or Zoom  
18+ | Thursdays from 1:00 – 2:00pm | 40 Church Street, Lowell or Zoom



### SEEKING SAFETY

Seeking Safety is a present-focused therapy that helps clients attain safety from trauma (including PTSD) and substance abuse by emphasizing coping skills, grounding techniques, and education.

18+ | Thursdays from 2:00 – 3:00pm | 40 Church Street, Lowell or Zoom



### COPING WITH DEPRESSION AND ANXIETY

The purpose of the group is to help reduce the symptoms of depression and anxiety, shorten the duration of depressive and anxious episodes, and teach coping strategies to help group members feel more in control of their lives.

18+ | Sundays from 3:00 – 4:00pm | 391 Varnum Avenue, Lowell or Zoom



### CONFLICT RESOLUTION FOR RECOVERY

Conflict Resolution will help individuals be more thoughtful about reactions to conflict, develop new tools, increase impulse control, be more present, and develop a deeper understanding of your own reactions with a new healthy communication skills.

18+ | Tuesdays from 1:00 – 2:15pm | 40 Church Street, Lowell or Zoom



### TEEN GROUP

Supports teens in a safe and judgement free space, for teens to feel heard, and engage with their peers to manage anxiety, coping skills, assertiveness, online safety, making healthy decisions, adult living skills, and psychoeducation.

Ages 13-18 | Sundays from 4:00 – 5:00pm | 391 Varnum Avenue, Lowell or Zoom

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

If you have questions about any of our group offerings, please contact [vbhreferral@vinfen.org](mailto:vbhreferral@vinfen.org).