

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

We designed these groups to help individuals learn coping skills, better understand symptoms, and connect with others through education, support, and shared experiences. Groups are offered in Lowell with hybrid participation options available and are 18+.

RELAPSE PREVENTION

For those in recovery who have relapsed or fear relapse. Together, we explore behaviors, triggers, and strategies to prevent the relapse cycle.

COPING WITH DEPRESSION AND ANXIETY

This group supports members in easing depression and anxiety, shortening episodes, and building coping skills for greater control.

EXPRESSIVE THERAPY

Members use creative activities such as art, writing, and music to explore emotions, reduce stress, build self-awareness, and connect with others in a supportive environment.

GRIEF AND LOSS

A supportive group for individuals experiencing grief, loss, or major life changes. Participants will explore healthy coping strategies, build resilience, and connect with others in a safe, supportive environment.

ANGER MANAGEMENT

A CBT-based group where members learn skills to manage anger through relaxation, cognitive strategies, assertiveness, and conflict resolution, creating a personalized anger plan.

PARENTING

A supportive group where parents and caregivers share experiences, learn skills, discuss child development, and gain strategies to foster their child's well-being and build confidence in their parenting.

SKILLS GROUP

A skills-based group incorporating elements of DBT and CBT, focused on thoughts, feelings, behaviors, mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Participants will learn practical strategies to manage emotions, cope with stress, and strengthen relationships. No prior DBT or CBT experience is required.



INTERESTED IN ATTENDING? CALL 978-674-6744 TO REGISTER.
If you have questions about any of our group offerings, please contact
vbhreferral@vinfen.org.

Scan the QR code to learn more about
Vinfen Behavioral Health's Outpatient services.