

More is more. Go with the group.

We know. It sounds scary. Sharing intimate and confidential information with strangers? Actually, it works. And it's not scary at all once you see and start to live the benefits. Most people who do try group therapy become comfortable with it within a very short period of time.



Group Therapy provides benefits not realized from individual therapy sessions.

- **Support, feedback and alternatives increased**
Getting input from others, especially those going through things similar to you, can be extremely valuable. In a group, not only do you get the benefit of a therapist's insight but also the other members' as well.
- **New coping skills learned**
You are not alone. Often, members will relate to and learn from others' situations and successfully apply that learning to their lives.
- **Social & relating skills improved**
Through group interaction, many people learn to communicate more clearly and effectively. It's an opportunity to directly work on relating with others.
- **Less expensive and often produces quicker results**

Group therapists are experienced in creating the right therapeutic atmosphere for you to feel safe and in developing an environment of trust for everyone.

While you will probably be most satisfied by talking about your feelings, it is your choice to determine how much you share with the group.

Whether participating or observing, group therapy allows you to be sensitive to what is going on within you and gain a deeper understanding of how you and your body react in differing circumstances.



Grand Junction Child & Family Groups Schedule



Rock & Roll

Wednesday 4:00-5:00 pm

Cognitive Behavioral Therapy-based coping skills group for children in grades 1-3. Sessions focus on feelings identification, relaxation, anger management & social skills.

Problem Solvers

Thursday 4:15-5:30 pm

Cognitive Behavioral Therapy-based coping skills group for children in grades 4 and 5. Sessions focus on feelings identification, relaxation, anger management & social skills.

Deal With It (Middle School Age)

Monday 4:00-5:30 pm

Cognitive Behavioral Therapy-based coping skills group for children in middle school grades 6-8. Sessions focus on feelings identification, relaxation, anger management & social skills.

Teen Seeking Safety

Tuesday 4:00-5:30 pm

Female gender specific Cognitive Behavioral Therapy-based group for females in grades 9 and up. Utilizes the Seeking Safety curriculum to address trauma, and co-occurring disorders. Must have primary therapist, 16 week group.

Dudes Aggression Replacement Therapy (DART)

Tuesday 4:00-5:30 pm

Male gender specific Cognitive Behavioral Therapy-based group for males in grades 9 and up. Utilizes the Aggression Replacement Therapy curriculum as well as addressing some substance abuse issues.

Teen Recovery

Monday 4:00-5:30 pm

This is a substance abuse group based on the Pathways to Self Discovery and Change curriculum. The Cognitive Behavioral Therapy-based work targets the addiction cycle, criminal conduct and relapse prevention.

Teen DBT (Dialectical Behavioral Therapy)

Thursday 5:30-6:30 pm

A curriculum based EBP for teens that helps clients learn to regulate emotions, learn interpersonal effectiveness strategies, increase distress tolerance, and implement mindfulness skills.

