

CROSSROADS FOR WOMEN™ OUTPATIENT THERAPY GROUPS

Portland Therapy Groups

Professional Women's Recovery Group

when: Wednesdays, 5:30pm - 7:00pm
counselor: Faith Sheehan, LCSW, CCS

Friends and Family Group

when: Mondays, 5:00pm - 6:30pm
counselor: Mary Ann Roy, PsyD

Intensive Outpatient Program (IOP)

when: Monday - Friday, 9:00am - 12:00pm

where:

Crossroads for Women™ Outpatient Office
66 Pearl Street, Suite 202, Portland

FMI: 207.773.9931 or
intake@crossroadsforwomen.org

Kennebunk Therapy Groups

Managing Chronic Pain

when: August 31 - October 19
Tuesdays, 1:00pm - 2:00pm
counselor: Mary Ann Roy, PsyD

Living with Depression and Anxiety

when: Tuesdays, 5:30pm - 7:00pm
counselor: Kathleen Hebden, LCSW

Intensive Outpatient Program (IOP)

when: Monday - Friday, 9:00am - 12:00pm

where:

Kennebunk Counseling Center
2 Livewell Drive, Suite 202, Kennebunk

FMI: 207.467.3369 or
info@crossroadsforwomen.org

Crossroads for Women™ accepts MaineCare, private insurance and self-pay.

To read about the outpatient counselors at Crossroads for Women™, visit www.crossroadsforwomen.org/counselors.php.

MANAGING CHRONIC PAIN

Managing Chronic Pain is an 8-week group intended for women seeking both professional and peer support for chronic pain in a nurturing environment. This group will offer a cognitive behavioral approach to coping with pain in order to achieve greater fulfillment in one's life. Group members will develop increased insight as to how thoughts, feelings and behaviors impact the perception and experience of pain. Group members can reflect and gain support from one another, as well as practice relaxation and distraction techniques in order to manage their pain. **[Kennebunk]**

PROFESSIONAL WOMEN'S RECOVERY GROUP

The Professional Women's Recovery Group provides recovering professional women a confidential setting to discuss issues related to the impact of mental health and addiction issues on their professional lives. The group helps professional women increase their understanding of setting realistic expectations on themselves and how to manage stress in healthy ways. **[Portland]**

FRIENDS AND FAMILY GROUP

The Friends and Family Group is an ongoing therapy group specifically for friends and family members that have loved ones struggling with drug and/or alcohol addiction. It is designed to offer support, options and a place to be themselves. Participants will be able to get the help they need for their situation and share trials and triumphs with others. Women and men are welcome to this group. **[Portland]**

LIVING WITH DEPRESSION AND ANXIETY

The Living with Depression and Anxiety group is an opportunity for those who suffer from depression and anxiety to share their experience, proving that the experience is not unique. Depression tends to isolate people, who may feel that no one else experiences or understands their pain. The group experience can give a sense of hope, as participants support each other to overcome the challenges of depression and anxiety. Participants will help each other recognize, accept and cope with feelings of depression and/or anxiety and develop healthy cognitive patterns about self and the world that will lead to alleviation of symptoms. **[Kennebunk]**

INTENSIVE OUTPATIENT PROGRAM (IOP)

Crossroads for Women's™ IOP is a structured group therapy option that provides substance abuse treatment either 3, 4 or 5 days per week at 3 hours a day. Gender-specific treatment issues are explored in IOP with an emphasis on addiction education, co-occurring mental health issues, coping skills, relapse prevention and the necessary tools for recovery. Total length of treatment varies, but is typically around 6 - 8 weeks. **[Portland and Kennebunk]**

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www.crossroadsforwomen.org • www.facebook.com/crossroadsforwomen

