



### **What does Group Therapy look like?**

Foundations Counseling Center Inc.'s groups are run by therapists who all possess a Masters degree in a mental health field. Therapists create a safe, supportive, and confidential environment for all group members. Therapists use a strengths-based perspective; incorporating mindfulness and other evidenced based practices to help alleviate symptoms of depression.

Foundations Counseling Center Inc.

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Counseling Center Inc.

Helping create emotionally strong, healthy individuals and families.

## **Adult Mental Health Recovery Group**



**Are you feeling lonely? Do you need a social outlet? Are you feeling isolated? Do you need support from fellow peers who are going through the same things as yourself?**

**Look no further this is the support group for you! Where it is safe to talk about topics that are difficult to bring up with family and friends. In a confidential setting where you will be supported not only by your peers, but trained therapists. A place to be heard and listened to as well as respected.**

### **Adult Mental Health Recovery Group**

#### **Topics:**

- Death of a loved one
- Marriage/Relationship issues
- Family problems
- Loss of a job
- Social Anxiety
- Depression
- Stress
- Major life transitions



#### **LOCATION:**

Foundations Counseling Center's  
Beaver Dam Branch Office:  
1807 N. Center St. Suite 103  
Beaver Dam, WI 53916

#### **When:**

Thursdays at 1:00 pm  
Starting February 21, 2018  
Ends: April 11, 2018

#### ***What does the program cost?***

The cost of the group is \$20 per week. This may be covered by your existing insurance, CCS program, or Care Wisconsin authorization.

#### ***How can I Register?***

To Register, please complete the Group Therapy Registration Form (included with this brochure). Registration forms can also be downloaded from our website:

[www.foundationsscc.com](http://www.foundationsscc.com)

Fax completed form to 608 424-9099 or email to [kjduprey@foundationsscc.com](mailto:kjduprey@foundationsscc.com)

If you have questions, call Kelly Jo Duprey, 608-445-2847 or email [kjduprey@foundationsscc.com](mailto:kjduprey@foundationsscc.com)