<table>
<thead>
<tr>
<th>GROUP NAME</th>
<th>Group Leader and Co-Leader</th>
<th>Description of the group</th>
<th>Location(s) of the group</th>
<th>Day/Time group meets</th>
<th>Intended population</th>
<th>Fee of charge?</th>
<th>Insurance accepted?</th>
<th>Group type</th>
<th>Additional info</th>
<th>Link to group details</th>
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<tr>
<td>Therapy Support Group</td>
<td>Kris Bronson, Ph.D., Licensed Psychologist, Co-Leader Rachel Dailey; Psy.D., Licensed Psychologist</td>
<td>This is an all-day stress reduction workshop. This user-friendly program teaches some easy, basic mindfulness exercises, breath-work for stress reduction, and attitudes such as patience, non-judging, acceptance, and letting go. With regular practice, participants develop skills that promote awareness, resilience, clarity, and serenity.</td>
<td>This workshop is held at Christiana Hospital, Newark, DE. The address is 100 Continental Dr, Newark, DE 19711.</td>
<td>Saturday 9AM-4PM</td>
<td>Adults age 18 and above who are experiencing stress or anxiety. Also, anyone who is interested in learning about breath-work, mindfulness, and meditation in order to live in a more healthy, balanced way or maintain a healthy lifestyle.</td>
<td>No</td>
<td>No - $120 (non-member). Because this workshop is psycho-educational in nature, insurances usually will not cover the cost. We can provide a receipt, if the participant wants to submit to insurance.</td>
<td>Psycho-educational</td>
<td>To refer, call either Kris or Rachel at (302) 477-0708 ext. 6.</td>
<td><a href="http://www.christiana-care.org/events/conscious-healing-07-28">http://www.christiana- care.org/events/conscious-healing-07-28</a></td>
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<tr>
<td>Center for Women's Emotional Wellness at Christiana Care</td>
<td>Megan O'Hara, LSW, and Co-Leader Molina Spruill, Psy.D., M.D.</td>
<td>Group members increase their self-care by applying new skills (mindfulness, CBT, interpersonal effectiveness, assertiveness, etc); identify &amp; challenge their negative cognitions; develop self-acceptance, compassion, &amp; relationships; develop healthier relationships; apply healthier boundaries; &amp; learn healthier coping strategies to manage any symptoms.</td>
<td>Christiana Hospital, Women and Children's Building, 4155 Ogletown- Stanton Rd., Suite 1800</td>
<td>Thursday 8PM-9PM</td>
<td>Pregnant and postpartum women who have delivered a baby in the past 12 mos.</td>
<td>Yes</td>
<td>Yes</td>
<td>Support Group</td>
<td>Open to public, no registration required</td>
<td><a href="https://events.christianacare.org/event/moms-heal/2018-10-11">https://events.christianacare.org/event/moms-heal/2018-10-11</a></td>
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<tr>
<td>Circle of Power Women's Empowerment Group</td>
<td>Jessica Desrosiers, Psy.D.</td>
<td>This group is for Veterans who have insurance. Yes - Insurance is accepted. No - If a client has insurance, submit to insurance. Veteran without insurance attend for free.</td>
<td>Center for Conscious Healing, 101 W Park Place, Middletown, DE 19709</td>
<td>Wednesday 11:30AM-1:30PM</td>
<td>Adult women who may have had a history of trauma and struggle with sense of self, low self-esteem, depression, unhealthy boundaries and relationships, and poor coping.</td>
<td>No</td>
<td>No - $120/person. No - Sliding scale can be discussed</td>
<td>Therapy Group</td>
<td>Referral to Jessica Desrosiers, Psy.D.</td>
<td><a href="http://www.christiana-care.org/events/conscious-healing-07-28">http://www.christiana-care.org/events/conscious-healing-07-28</a></td>
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<tr>
<td>Eating Disorder Recovery Group</td>
<td>Jolita Sartins, P.A., Ph.D.</td>
<td>Group members increase their self-care by applying new skills (mindfulness, CBT, interpersonal effectiveness, assertiveness, etc); identify &amp; challenge their negative cognitions; develop self-acceptance, compassion, &amp; relationships; develop healthier relationships; apply healthier boundaries; &amp; learn healthier coping strategies to manage any symptoms.</td>
<td>同盟医院, 500 Creek View Road, Suite 109, Newark, DE 19711</td>
<td>Thursday evenings - duration 75 minutes</td>
<td>Eating Disorder adults (18 years or older) who are wanting additional support beyond their individual therapy to promote recovery.</td>
<td>No - If a client has out of network supplemental mental health benefits, I will bill his/her insurance.</td>
<td>No</td>
<td>Therapy Group</td>
<td>A health care provider (therapist, nutritionist, physician) may refer a client or the individual can call me directly. I meet with interested clients for a 30 minute screening to get a brief eating disorder history and answer questions and/or concerns about the group.</td>
<td><a href="http://www.christiana-care.org/groups/psycho-educational-eating-disorder-recovery">http://www.christiana-care.org/groups/psycho-educational-eating-disorder-recovery</a></td>
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<tr>
<td>Family OCD Support Group</td>
<td>Chris Lars, MA, LPMHC</td>
<td>This support group brings together those who love someone with OCD, breaks the isolation many often experience, and provides the opportunity to share with others who may understand the challenges and emotions of watching a loved struggle with OCD.</td>
<td>The Anxiety &amp; OCD Treatment Center, LLC, 501 Silverstone Road, Suite 345, Wilmington, Delaware 19809</td>
<td>Every other Monday 7PM</td>
<td>Parents, family members, and friends of someone who has OCD</td>
<td>No</td>
<td>Yes - $200/family (regardless of # of family members)</td>
<td>Support Group</td>
<td>First-time attendees are asked to contact Chris Lars, MA, LPMHC at (302) 780-7464 prior to attending. All new attendees will require a brief screening to ensure this support group is a good match for their needs.</td>
<td><a href="http://www.christiana-care.org/groups/psycho-educational-eating-disorder-recovery">http://www.christiana-care.org/groups/psycho-educational-eating-disorder-recovery</a></td>
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<tr>
<td>Mindful Veterans Therapy Support Group</td>
<td>Jenna Tedeschi Psy.D.</td>
<td>This is a group for Veterans and those who love them. Most in attendance have completed mindfulness training with the therapist. The intention of the group is to deepen practice in the context of a safe and supportive community.</td>
<td>The Present Center for Mindfulness and Healing LLC, 2607 North Harrison St, Wilmington DE 19802</td>
<td>Tuesday 12AM-12PM</td>
<td>This group is for Veterans who have completed some mindfulness training, those without mindfulness training can participate with permission of therapist.</td>
<td>Yes - Insurance is used, but we have insurance. Veterans without insurance attend for free.</td>
<td>Yes</td>
<td>Therapy Group</td>
<td>If you'd like to participate in the group, please contact Dr. Jenna to set up a time to meet and talk about how this group might meet your needs.</td>
<td><a href="http://www.christiana-care.org/events/conscious-healing-07-28">http://www.christiana-care.org/events/conscious-healing-07-28</a></td>
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Mindfulness for Recovery and Stress Management

Joselyn Sapon Sagrato, MBA, LCSW, CPT, CTSC, CF, Co-Leader Gillian Lellanc
Contact Mid-Atlantic Behavioral Health at (302) 224-1400 and select option 2.
A therapeutic support group offering techniques for building internal resources to help prevent a relapse of mental health symptoms and negative coping behaviors due to reactions to stress.
Mid Atlantic Behavioral Health
Blue Hen Building #9 Blue Hen Drive, Newark DE 19711
Wednesday 4:30PM - 5:30PM
Those in recovery from substance use disorders, processing addictions coping behaviors related to eating, compulsions, sexual activity, spending, working and exercising that have negative consequences in mood disorders, and anxiety disorders. Participants should be active in therapy with an outside therapist in order to process emotional content.
No, but most insurance will cover this.
Yes - $50
Support Group

Mindfulness Group for Health and Wellbeing

Mary Sweeney, MA, LPCMH
302-320-6942
This is a free, ongoing psychoeducational group open to anyone receiving health services in the Christian care health system. The group provides an opportunity to develop an understanding of living a mindful life, learn and practice mindfulness techniques and connect with people in similar situations.
Wilmingtin Hospital
Wednesday 11AM-Noon
Those seeking stress relief, management of anxiety/depression and/or chronic health conditions and to maximize wellness.
No
psychoeducational
call Mary Sweeney to register 302-320-6942

Parent Child Conduct Clinic

Roger Harrison, Ph.D. and Co-Leader Colleen Callison, Ph.D.
302/201-4100
Parent management training group for children with ADHD and disruptive behavior, ages 5-10. Parent and child group offered concurrently.
Nemours AHDRC, Rockland II Building
Wednesday 5:30PM - 7:00PM
Parents and children ages 5-10 with ADHD and disruptive behaviors.
No
No
Therapy Group

Saturday Sangha

Jenna Tedesco Psy.D.
267-204-2111
This is a mindfulness-based meditation group, although it is not psychotherapy per se, the group does engage therapeutic topics in the interest of well-being. Participants generally have mindfulness meditation experience, and many are mental health professionals and others in helping professions.
The Present Center for Mindfulness and Healing LLC
2607 North Harrison St
Wilmington, Delaware 19802
Saturday 10AM-12PM
This group is intended for those with some mindfulness experience.
Yes
Mindfulness Group

Survivors of Abuse in Recovery, Inc. (SOAR)

http://www.survivorsofabuseno.org/contact
Survivors of Abuse in Recovery, Inc. (SOAR) is a 501c(3) nonprofit dedicated to providing mental health services to Survivors of Sexual Trauma and their Families. SOAR also provides education, advocacy, and professional development. SOAR has provided Psychotherapy groups in New Castle County for the past 25 years. SOAR is committed to a Phase Model of Treatment, which assumes that clients must master Safety and Stabilization skills before they are ready to process Sexual and Other Traumas in their lives. Thus, our main model employs a three (3) Phase Model. All groups are lead by a Team of a Licensed Psychologist and a non-licensed intern or recent Graduate. Phase I Group, typically running for 12 weeks, is a skill-based model, where the group is reviewing and learning a variety of Cognitive Behavioral Skills, including Grounding, Progressive Relaxation, Assertiveness, etc. In addition, the group is building a safe “container”, i.e. working on safe relationships among group members. Phase II, typically running for 16 weeks, involves processing some parts of the traumas as clients are ready. Often this is done in an Existential or Gestalt fashion, with an emphasis on safely re-experiencing some of their Traumatic Memories and transforming one’s relationship to those memories. Support from the group is encouraged. Phase III, typically running for 12 weeks, works in the current time. An emphasis is placed on contacting others in the group, again with an emphasis on safely expressing one’s feelings and asking for feedback. Once clients have completed these three (3) phases, there are some advanced options available. One is a Sexual Healing Group that typically runs for 12 weeks and is conducted by a Sex Therapist as well as another Clinician. Here we follow a Psychoeducational Model, learning about healthy sexuality. Survivors Guide to Sex by Stacey Heinrich is used as a guide. In addition to the above, we offer a group for Young Teens and one for Older Teens. In addition, a concurrent group is provided for Secondary Victims to help better support their younger Family Members who are Survivors. Again, each group has two (2) leaders. Due to a recent Grant, we have been able to provide some more diverse groups, such as an Expressive Arts Group, a Mindfulness Meditation Group, as well as Group for Co-Occurring Substance Use and Trauma. It is not clear if these specialty groups will be available again in the future, as all groups depend on achieving enough funding and available staff.

Wilmington OCD G.O.A.L Group (Giving Obsessive-Compulsive's Another Lifestyle)

Kathy M. Superia, Psy.D. Licensed Psychologist/Clinical Director
302-799-7404
This is a supportive psychotherapy group which uses mindfulness teachings and practices to create a safe and warm place for exploration and connection. We laugh together and we cry together.
The Anxiety & OCD Treatment Center
The Villenave Car Executive Center, 501 Silverside Road, Suite 145, Wilmington, Delaware 19809
Thursday 6:15PM - 7:30PM
Women who have issues related to their families of origin and current struggles – health, “mental” health, significant others – may benefit from this group. Some of the diagnoses and problems brought in the group include depression, anxiety, trauma, perfectionism, and eating struggles.
No
No - $35
Support Group

Women's Mindfulness-Informed Therapy Support Group

Jenna Tedesco Psy.D.
267-204-2111
This is a supportive psychotherapy group which uses mindfulness teachings and practices to create a safe and warm place for exploration and connection. We laugh together and we cry together.
The Present Center for Mindfulness and Healing LLC
2607 North Harrison St
Wilmington, Delaware 19802
Thursday 6:15PM - 7:30PM
Women who have issues related to their families of origin and current struggles – health, “mental” health, significant others – may benefit from this group. Some of the diagnoses and problems brought in the group include depression, anxiety, trauma, perfectionism, and eating struggles.
No
No - $35
Therapy Group