

GROUP NAME	Group Leader and Co-Leader	Group Leader's contact information	Description of the group	Location(s) of the group	Day/Time group meets	Intended population	Free of charge?	Insurance accepted?	Group type	Additional info	Link to group details
Breath, Meditation, and Mindfulness: A Powerful Approach to Stress Reduction	Kris Bronson, Ph.D., Licensed Psychologist, Co-Leader Rachel Daltry, Psy.D., Licensed Psychologist	(302) 477-0708 ext. 6	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, not judging, acceptance, and letting go. With regular practice, participants develop skills that promote awareness, resilience, clarity and serenity.	This workshop is held at that Wilmington/Christiana Hilton, Newark, DE. The address is: 100 Continental Dr, Newark, DE 19713.	Saturday 9AM-4PM	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.	No	No - \$120/person. 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.	Psycho-educational	To refer, call either Kris or Rachel at (302) 477-0708 ext. 6. This all day workshop is held yearly in late April or early May. Feel free to call us for the upcoming workshop date.	http://www.alliance-counseling.com/stress-reduction.asp
Center for Women's Emotional Wellness at Christiana Care	Megan O'Hara, LCSW and Co-Leader Malina Spirito, Psy.D., M.Ed.	302.733.6662 Mohara@christianacare.org	Support group for pregnant and postpartum women struggling with mood and anxiety difficulties.	Christiana Hospital Women and Children's Building, 4755 Ogleton-Stanton Rd., Suite 1900 Newark, DE 19713	Thursday 6PM-7PM	Pregnant and postpartum women (delivered a baby in the past 12 mos.)	Yes		Support Group	Open to public, no registration requiredhttps://events.christianacare.org/event/moms-heal/2018-10-11/	https://events.christianacare.org/event/moms-heal/2018-10-11/
Circle of Power Women's Empowerment Group	Jessica Desrosiers, Psy.D.	101 W Park Place Middletown, DE 19709 443-617-5152	Group members increase their self-care by applying new skills (mindfulness, RAIN, interpersonal effectiveness, assertiveness, etc); identify & challenge their negative cognitions; develop self-acceptance, compassion, & validation; develop healthier relationships; apply healthier boundaries; & learn healthier coping strategies to manage any symptoms.	Center for Conscious Healing 101 W Park Place Middletown, DE 19709	Wednesday 11:30AM-12:30PM	Adult women who may have had a history of trauma and struggle with sense of self, low self-esteem, dep/anx, unhealthy boundaries and relationships, and poor coping.	No	Yes - If self-pay, \$30/session. Sliding fee also.	Therapy Group	Refer to Jessica Desrosiers, Psy.D. (443)-617-5152	
Eating Disorder Recovery Group	Linda Santoro, R.N., Ph.D. Licensed Psychologist with 30 years of experience treating clients and families affected by eating disorders	(302) 454-8010 x 2 Dr. Santoro meets with interested clients at no charge for 30 minutes to obtain a brief eating disorder history and to answer questions and/or concerns about the group.	This is a weekly therapy group to decrease shame and isolation of those invested in moving their eating disorder recovery forward. The group addresses the interpersonal, emotional, social, and cultural issues that underlie use of symptoms and helps expand healthier coping strategies.	Alliance Counseling 500 Creek View Road, Suite 109 Newark, DE 19711	Tuesday evenings - duration 75 minutes	Eating Disordered adults (18 years or older) who are wanting additional support beyond their individual therapy to promote recovery.	No - If a client has out of network outpatient mental health benefits, I will bill his/her insurance.	No - \$45/session - sliding scale can be negotiated	Therapy Group	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 free 30 minute screening to get a brief eating disorder history and answer questions and/or concerns about the group.	http://www.alliance-counseling.com/groups-workshops/eating-disorder-recovery.asp
Family OCD Support Group	Chris Leins, MA, LPMHC	302 798-7464	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 truly understand the challenges and emotions of watching a loved struggle with OCD.	The Anxiety & OCD Treatment Center, LLC The Silverside-Carr Executive Center 501 Silverside Road, Suite 145 Wilmington, Delaware 19809	Every other Monday 6PM-7PM	Parents, family members, and friends of someone who has OCD	No	Yes - \$20/family (regardless of # of family members)	Support Group	First-time attendees are asked to contact Chris Leins, MA, LPMHC at (302) 798-7464 prior to attending. All new attendees will require a brief screening to be sure this support group is a good match for their needs.	https://www.ocddelaware.com/support-groups
Mindful Veterans Therapy Support Group	Jenna Tedesco Psy.D.	267-254-2111 Drjenna.t@gmail.com The Present Center for Mindfulness and Healing LLC 2607 North Harrison St Wilmington DE 19802	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.	The Present Center for Mindfulness and Healing LLC 2607 North Harrison St Wilmington DE 19802	Tuesday 10AM-12PM	This group is for Veterans who have completed some mindfulness training; those without mindfulness training can participate with permission of therapist.	Yes - Insurance is used by those who have insurance. Veterans without insurance attend for free.		Therapy Group	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.	

Mindfulness for Recovery and Stress Management	Jocelyn Spencer Sagrati, MSW, LCSW, CYT, TCTS-Y-F, Co-Leader Gillian LeBlanc	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 90 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, relationships, sexual activity, spending, working and exercising that have negative consequences) moods disorders, and anxiety disorders. Participants should be active in therapy with an outside therapist in order to process emotional content	No, but most insurances 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 christiana 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.	Wilmington 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 Cullinan, Ph.D.	(302)651-4500	Parent management training group for children with ADHD and disruptive behavior, ages 5-10. Parent and child group offered concurrently.	Nemours AIDHC, Rockland II Building	Wednesday 5:30PM-7:00PM	Parents and children ages 5-10 with ADHD and disruptive behaviors.	No	Yes	Therapy Group		
Saturday Sangha	Jenna Tedesco Psy.D.	267-254-2111 Drjenna.t@gmail.com The Present Center for Mindfulness and Healing LLC 2607 North Harrison St Wilmington DE 19802	This is a mindfulness-based meditation drop-in 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 DE 19802	Saturday 10AM-12PM	This group is intended for those with some mindfulness experience.	Yes		Mindfulness Group		
Survivors of Abuse in Recovery, Inc. (SOAR)	https://www.survivorsofabuse.org/contact	Survivors of Abuse in Recovery, Inc. (SOAR) is a 501(c)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 Psychotherapist 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 trauma 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 Haines 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-Compulsives Another Lifestyle)	Kathy M. Rupertus, Psy.D. Licensed Psychologist/Clinical Director	302 798-7464	Support groups play an important role in coping with and overcoming OCD. The GOAL approach makes our meetings a place of hope. Attendees will have the opportunity to encourage each other's progress, actively support each other in accomplishing ERP goals, and share in the elation of each other's successes.	The Anxiety & OCD Treatment Center, LLC The Silverside-Carr Executive Center, 501 Silverside Road, Suite 145. Wilmington, Delaware 19809	Every other Monday 6PM-7PM	Individuals 18 years and older who have OCD	No	No - \$15	Support Group	First-time attendees are asked to contact Dr. Kathy Rupertus at (302) 798-7464 prior to attending. All new attendees will require a brief screening to be sure this support group is a good match for their needs.	https://ocddelaware.com/support-groups
Women's Mindfulness-Informed Therapy Support Group	Jenna Tedesco Psy.D.	267-254-2111 Drjenna.t@gmail.com The Present Center for Mindfulness and Healing LLC 2607 North Harrison St Wilmington DE 19802	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 DE 19802	Thursday 6:15PM-7:45PM	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 - This group is \$35 per session out-of-pocket. Many insurances are also accepted.	Yes	Therapy Group	If you are interested in participating, please call to schedule a time to speak with Dr. Jenna about your needs and how this group might be of help.	