

JANUARY – JUNE 2024
SUPPORT GROUPS

**SUPPORT GROUP FOR ADULT MALE SURVIVORS OF CHILDHOOD
SEXUAL TRAUMA**

**Every other Tuesday of the month
in person at the Institute of Living**

Dates: January 1st, 16th, 30th
February 13th, 27th
March 12th, 26th
April 9th, 23rd
May 7th, 21st
June 4th, 18th

Time: 8:30 AM - 9:30 AM

To register, please complete registration form by clicking the link below:
<https://redcap.hhchealth.org/surveys/?s=9D3HCEKPJNHCTT9N>

Or Scan:



For more information, please email IOLFRC@hhchealth.org

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP
(For those who have lost someone to suicide)

2nd Tuesday of the Month in person

Dates: January 9th
February 13th
March 12th
April 9th
May 14th
June 11th

Time: 5:30 PM - 7:00 PM

200 Retreat Ave, Family Resource Center, Hartford CT, 06001
Facilitated by Janet Dember & Melissa Deasy, LCSW

For more information or to RSVP please email Janet at jedember@snet.net





SOUND HEALING WITH KELVIN

**Every 4TH Tuesday of the month
(Commons Building – Hartford Room)**

Dates: January 23rd
February 27th
March 26th
April 23rd
May 28th
June 25th

Time: 12 - 1 PM (Drop in any time)

For current/past clients, community members, and colleagues. Join us for a one-hour sound healing session with Kelvin Young.

Location: Institute of Living; 200 Retreat Avenue, Hartford, CT
(Commons Building – Hartford Room)

For more information, please email IOLFRC@hhhealth.org

SMART RECOVERY MEETING

Every Thursday

Dates: January 4th, 11th, 18th, 25th
February 1st, 8th, 15th, 22nd, 29th
March 7th, 14th, 21st, 28th
April 4th, 11th, 18th, 25th
May 2nd, 9th, 16th, 23rd, 30th
June 6th, 13th, 20th, 27th

Time: 4: 00 PM – 5:00 p.m.

SMART was created for people seeking a self-empowering way to overcome addictive problems. We offer participants an opportunity to design and implement their own recovery plan to create a more balanced, purposeful, fulfilling, and meaningful life (In Person).

Hartford Healthcare, Family Resource Center, 200 Retreat Avenue, Hartford, CT

Email IOLFRC@hhhealth.org for more information.





**IOL COMMUNITY PEER GROUP:
FOR INDIVIDUALS SEEKING RECOVERY SUPPORT**

Every 1st and 3rd Monday of the month

Dates: January 15th
February 5th, 19th
March 4th, 18th
April 1st, 15th
May 6th, 20th
June 3rd, 17th

Time: 6:00 PM - 7:15 PM

For current clients and alumni of IOL treatment programs. Continue to engage with peers and establish support networks with others looking to build ties in the community. Share common goals and discuss strategies for healthy recovery.

Zoom Details (NEW LINK):

Meeting ID
979 8406 2232

<https://hartfordhealthcare.zoom.us/j/97984062232>

For more information, please email IOLFRC@hhchealth.org or Kelsey.Socha@hhchealth.org

**SUPPORT GROUP FOR FAMILIES DEALING WITH
MAJOR MENTAL ILLNESS**

1st & 3rd Thursday of the month (Virtual)

Dates: January 4th, 18th
February 1st, 15th
March 7th, 21th
April 4th, 18th
May 2nd, 16th
June 6th, 20th

Time: 5:15 PM - 6:30 PM

For family and friends of individuals who have severe mental health challenges. Share your success and struggles. Learn to care for yourself while you are caring for others.

To RSVP, please email IOLFRC@hhchealth.org or Kelsey.Socha@hhchealth.org





PARENTS UNITED: A Virtual Support Group for Parents of Children and Teens with Social, Emotional, and Behavioral Concerns

1st & 3rd Wednesday of the month

Dates: January 3rd, 17th
February 7th, 21st
March 6th, 20th
April 3rd, 17th
May 1st, 15th
June 5th, 19th

Time: 5:15 PM - 6:00 PM

This virtual support group is open to parents or guardians of children and adolescents with mental health concerns, and meets on the first and third Wednesday of each month from 5:15 PM to 6:00 PM. Parents or guardians who attend often say that having a child with mental illness can be isolating and this group is one way to feel connected with and supported and understood by others who have similar experiences.

For more information, please reach out to Jessica.baroni@hhchealth.org or Rosemarie.coratola@hhchealth.org 860-545-7062

SUBSTANCE USE EDUCATIONAL AND SUPPORT GROUP

2nd Thursday of the month (In person)

Dates: January 11th
February 8th
March 14th
April 11th
May 9th
June 13th

Time: 4:00 PM – 5:00 PM

For family members impacted by loved ones with substance abuse.
To RSVP, please email Marilyn.Finkelstein@hhchealth.org





**SOCIAL SUPPORT GROUP – L.G.B.T.Q. Issues
(Lesbian/Gay/Bisexual/Transgender/Questioning)**

Every 3rd Wednesday of the Month (In person)

Dates: January 17th
February 21st
March 20th
April 17th
May 15th
June 19th

Time: 5:00 PM – 6:00 PM

Support group for ages 16+ who identify LGBTQ issues as being prominent in their lives.
The goal is to discuss support strategies to manage life challenges.

*FOR FREE LEGAL ASSISTANCE PERTAINING TO NAME CHANGE DOCUMENTS, COME BETWEEN 4-5
PM ON SELECT SUPPORT GROUP DATES

For more information, please reach out to Beau Triba at beautriba@gmail.com

If you are a student that needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing Kelsey Socha at Kelsey.Socha@hhchealth.org 2 weeks prior to the group you would like to attend. Please note, not all of our groups are open for observers and it is up to the facilitator and group members themselves.

