JULY – DECEMBER 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: July 2nd, 16th, 30th
August 13th, 27th
September 10th, 24th
October 8th, 22nd
November 12th, 26th
December 10th

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: July 9th
August 13th
September 10th
October 8th
November 12th
December 10th

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
IOL Family Resource Center Schedule

SOUND HEALING WITH KELVIN
Every 4th Tuesday of the month
(On the IOL Green)

Dates: 
- July 23rd
- August 27th
- September 24th
- October 22nd
- November 26th

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

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

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

For more information, please email IOLFRC@hhchealth.org

SMART RECOVERY MEETING

Every Thursday

Dates: 
- July 11th, 18th, 25th
- August 1st, 8th, 15th, 22nd, 29th
- September 5th, 12th, 19th, 26th
- October 3rd, 10th, 17th, 24th
- November 7th, 14th, 21st
- December 5th, 12th, 19th, 26th

Time: 4:00 PM – 5:00 PM

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@hhchealth.org for more information.
IOL COMMUNITY PEER GROUP:
FOR INDIVIDUALS SEEKING RECOVERY SUPPORT

Every 1st and 3rd Monday of the month

**Dates:**
July 1st, 15th  
August 5th, 19th  
September 2nd, 16th  
October 7th, 21st  
November 4th, 18th  
December 2nd, 16th

**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

SUPPORT GROUP FOR FAMILIES DEALING WITH MAJOR MENTAL ILLNESS

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

**Dates:**
July 18th  
August 1st, 15th  
September 5th, 19th  
October 3rd, 17th  
November 7th, 21st  
December 5th, 19th

**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.

This group is currently being held on Zoom. Please notice there are TWO different links for the 1st Thursday and the 3rd Thursday.

**FIRST THURSDAY Zoom Parent Support Group LINK:**  
http://hartfordhealthcare.zoom.us/j/98343957034

**Meeting ID:** 983 4395 7034

**THIRD THURSDAY Zoom Parent Support Group LINK:**  
http://hartfordhealthcare.zoom.us/j/92090803754

**Meeting ID:** 920 9080 3754

To RSVP or for more information, please email IOLFRC@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:    July 3rd, 17th
          August 7th, 21st
          September 4th, 18th
          October 2nd, 16th
          November 6th, 20th
          December 4th, 18th

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
Rosemarie.coratola@hhchealth.org 860-545-7062

SUBSTANCE USE EDUCATIONAL AND SUPPORT GROUP

2nd Thursday of the month (In person)

Dates:    July 11th
          August 8th
          September 12th
          October 10th
          November 14th
          December 12th

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
IOL Family Resource Center Schedule

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

Every 3rd Wednesday of the Month (In person)

Dates:    July 17th
          August 21st
          September 18th
          October 16th
          November 20th
          December 18th

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

Summer Series: Yoga, Strength Training, Reiki, and Sound Healing

Please scan the QR code for dates and times

For more information, please email IOLFRC@hhchealth.org

If you are a student that needs to observe a group for a class assignment, you must contact the Family Resource Center by emailing IOLFRC@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.