

New Counseling Groups Starting at Tri-Town Health Center

Tri-Town Community Action Agency is launching four new groups to complement its individual, group, couples and family counseling programs. The Tri-Town counseling program has helped thousands of people for more than thirty years. Services are provided by highly trained and experienced licensed clinicians.

Challenges of Young Motherhood



For women under age 25 who are facing the challenges of motherhood, including finding child care, parenting, budgeting and paying bills, furthering their education, housing, relationships, and much more. The group is lead by a licensed social worker and meets every Tuesday from 3:15 PM to 4:45 PM.

Dealing with Your Teenager

A group for parents struggling with their teenager's behavior including: alcohol or drug use, truancy, failing in school, not following curfew, being disrespectful, running-away, and/or trouble with the police or the court system. This 6-week group will help parents learn new techniques to improve communications and behavior and ways to keep their teens safe. The group is lead by a licensed social worker and meets Wednesdays from 6 PM to 7:30 PM February 10 to March 17.



Coping with Feelings and Relationships



A weekly meeting for women who may be experiencing relationship difficulties with family, friends, partners or others, or who need help dealing with feelings of loss, anger, grief or other emotions which are inhibiting their functioning and quality of life. The group is lead by a licensed social worker and meets every Wednesday from 5 PM - 6:30 PM beginning February 10.

Coping with Mental Health and Medical Issues

A weekly meeting for women and caregivers to enhance their coping abilities by addressing individual



needs, setting limits, accessing resources and information in the community and sharing experiences. The group is lead by a licensed social worker and meets every Wednesday from 11 AM to noon.



All groups meet at Tri-Town Community Action Agency, 1126 Hartford Ave., Johnston, RI. Contact Lindsey Amore at 519-1936 for more information, to make a referral, or to schedule an appointment for a one-hour pre-group screening and assessment.

Most major insurance is accepted and sliding scale fees for self-pays also available.

Visit our website at

www.tri-town.org

Thank you.

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