



Tri-Town
Community Action Agency
Helping people. Changing lives.



Tri-Town Behavioral Health Groups

Tri-Town Community Action Agency offers a wide variety of groups to help individuals talk about, and learn to deal with, the mental health, social and family issues that many people face. Groups are facilitated by Licensed Independent Clinical Social Workers in a comfortable, non-threatening environment.

Most major insurance accepted. Sliding scale fees available for uninsured individuals. Groups meet regularly throughout the year at Tri-Town Community Action Agency, 1126 Hartford Avenue, Johnston.

Adult Groups

Depressed & Unemployed ?

The goal of this group is to help those who are out of work who are suffering from symptoms of depression to, identify, express, & process stressors related to unemployment, identify negative thinking patterns, increase coping skills, learn how thoughts & actions may be preventing them from finding a job, learn ways to present themselves better in the job market, encourage & motivate job seeking.

Meets Thursdays from 10-11:30 AM

Grandparents Raising Grandchildren

There are many different and unique challenges you face everyday when parenting your grandchild. You are not the only grandparents in your situation either. This group will help you to reach out to others and to learn ways to improve life for you and your grandchildren.

Meets Fridays from 10-11:30 AM

Parents of Teenagers

This group helps parents gain the skills they need to keep their teens safe and gain control of an out-of-control situation. During the group, parents will identify safety concerns and other problems, understand why their teenager is out-of-control, learn strategies to gain control over an out of control situation, learn how to establish and follow through with rules, learn to stop arguing with their teenager, and improve relationship with teenager.

Meets Wednesdays from 6-7:30 PM (6 weeks)

Adult Substance Abuse

This group is for those struggling with problems related to alcohol and drugs. The group will focus on education, relapse prevention, identifying triggers and coping skills, and exploring how your use has impacted you and others. This group can satisfy court mandated requirements.

Meets Tuesdays from 6-7:30 PM

Adolescent Groups

Adolescent Substance Abuse

This group explores the reasons and triggers for substance use and/or abuse, risks of use, and potential consequences of substance use. The group will help participants develop strategies to achieve freedom from dependency on drugs and alcohol. The sessions include strategies for achieving abstinence, relapse prevention, networking opportunities and open discussion periods. Adolescents may join at any time and can participate as long as medically necessary.

Group meets every Tuesday from 4 PM - 5:30 PM.

Adolescent Anger Management

This group helps adolescents struggling to control their anger by supporting them in developing an understanding of what triggers their anger and how to react in more socially acceptable and healthy ways. Lead by a Licensed Independent Social Worker, exploration of group dynamics and role playing will be used to improve participants' decision making and communications skills. Adolescents may join at any time and can participate as long as medically necessary.

Meets every Thursday, 5:30-7:00 PM.

The Mean Girl Impact

This group is for the bully, the bullied, the observers, and their mothers. This group aims to promote positive self image in girls, healthy relationships & choices, increase coping & communication skills, teach the difference between assertiveness & aggressiveness, and develop conflict resolution skills.

Meets Mondays from 4-5:30 PM

Women's Groups

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.

Meets Wednesdays from 5-6:30 PM

Coping with Mental Health and Medical Concerns

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.

Meets Wednesdays from 11 AM-12:30 PM

Young Mothers

Enhancing, enriching, and empowering young mothers in a supportive environment. Young mothers face many challenges and obstacles. This group will help you feel better about yourself and help you be a better parent by increasing parenting skills and stability. Topics to include finding child care, parenting skills, budgeting money and paying bills, furthering education, housing, healthy relationships, and more!

Meets Tuesdays from 3:15-4:45 PM

For more information on all groups, call (401) 519-1936.