

Abuse Prevention Group for Caregivers (APGC)

Caregivers are the reason that our elders and people with disabilities are able to stay in their own home. This group is for caregivers who have frustration and anger issues related to caring for vulnerable adults, i.e. elderly, disabled. These vulnerable adults might be your parents, your spouse or your client/patient. Often when thrust into these care giving roles we are forced to revisit our own painful issues. This group will teach safe and healthy ways to deal with stress, frustration and anger. Participants will be encouraged to employ empathy and other assertive skills. Compassionate approaches for those working with people with dementia will be explored.

When: Call for start date and time.

Where: Family Service, 128 East Olin Avenue

Facilitators: Call for more information

Contact: Family Service at 252-1320



Postpartum Depression Therapy Group



This group is designed for new mothers to understand how past experiences/patterns may contribute to current depression or anxiety. Strategies to reduce depression and anxiety, learning how to better meet one's own needs, adjusting to the new role as a parent, and improving mother-child relationships are some of the topics addressed. Learn strategies to broaden support, improve self-care, and improve our relationships with our children. Work with other mothers in a safe environment.

When: Call for start date and time.

Where: Catholic Charities, 30 South Franklin Street

Facilitators: Ellen Magee, LCSW

Contact: Ellen at 256-2358

Parenting Paths

This 18 session program is for parents who have demonstrated controlling or abusive styles of discipline, demonstrate a strong value of corporal punishment, or are otherwise struggling with managing the behavior of their children. The program includes Alternatives to Aggression concepts such as anger coping, assertive communication, demonstration of accountability and empathy skills. Emphasis is on nurturing parenting and effective discipline techniques. Parents will learn to identify and address effects past use violence has had on their children. A pre-group screen is required where treatment recommendations will be made based on specific needs.

When: Call for more information.

Where: Family Service, 128 E. Olin Avenue

Facilitators: Call for more information.

Contact: Family Service at 316-1110

People Who Parent-English & Spanish Speakers Welcome!

This group is designed to build skills for people who are coping with parenting and the challenges of daily life. The group is open to anyone who is parenting children in any kind of family setting. The group builds a skill set of strategies to cope with the stress that overwhelms parents and may cause them to use maladaptive coping techniques that are not helpful in raising healthy children. In the supportive group environment, participants learn stress reduction, communication skills, child development, and positive parenting through practice and individual problem solving sessions.

When: Wednesdays 12:30 to 2:00 p.m. (8 week cycles)

Where: Mental Health Center of Dane County

Facilitators: Mary Sue Roberts MA, LPC
and Maria Cruz MS, LMFT

Contact: 280-2563 or 280-2518

Women Survivors of Domestic Abuse

This group is for women who are dealing with the effects of emotional, verbal and physical abuse by a current or ex-partner. The group discussion will focus on personal safety planning, consequences of abuse, and healing from abuse.

When: Monday, 4:00 - 5:30 p.m.

Where: Family Service, 128 East Olin Avenue

Facilitators: Ann Lewis, MS, LPC

Contact: Family Service at 252-1320

H.E.R.S. = Healthy Empowerment, Responsibility and Support

(Anger Management Group For Women)

This 12 week group is designed to help women learn to deal with anger in constructive ways. A cognitive behavioral approach is used to help participants reduce angry responses by identifying self-defeating beliefs and behaviors and replacing them with more life enhancing beliefs and behaviors. Issues addressed include use of power and control, healthy relationships, assertive behaviors and communication skills. One individual intake session required to join group.

When: Wednesday's 9:00 - 10:30 a.m.

New group session begins February and June.

Where: Lutheran Social Services, 6314 Odana Rd.

Facilitators: Bridget Ellingboe, MS

Contact: Bev at 277-0610 to schedule an intake.

Women's Beginnings

This group is designed for women involved or who have been involved in the criminal justice system. The focus of the group is self-help and support in developing and following through with an action plan to remain out of jail. Topics for discussion include employment issues, depression, decision making, co-dependency, relationships, parenting, anger management, assertiveness, self-esteem, addictions, and hope for the future. No fee.

When: Tuesday, 2:00 - 4:00 p.m. (On-going)

Where: Bethel Lutheran Church,

312 Wisconsin Avenue

Facilitators: Ellen Magee - Jane Woods, LCSW, CSAC
and Chaplain Julia Weaver

Contact: Ellen Magee at 256-2358

Men's Beginnings

This group is designed for men involved in the criminal justice system and who want help in developing and following through with an action plan to remain out of jail. The focus of the group is self-help and support. Topics for discussion include employment issues, depression, responsibility, decision making, co-dependency, assertiveness, anger management, behavior strategies, relationships, self-esteem, addictions, and hope for the future. No fee.

When: Wednesday, 2:00 - 4:00 p.m. (On-going)

Where: Bethel Lutheran Church,
312 Wisconsin Avenue

Facilitators: Calvin Taylor, MS, Chaplain John Nix
and Jeff Miller, MS

Contact: Calvin at 256-2358
or Jeff at 252-1325, ext. 1125

Acabar con el Abuso - Ending Abuse (Spanish Speaking)

A group for Latina/Hispanic males who have used physical, emotional, verbal or psychological abuse in their relationships. This twenty-six week group, conducted in Spanish, will help members understand the dynamics of power and control, and their use of violence and how they can stop it. The group will examine culturally appropriate ways of resolving conflicts and strengthening relationships through the use of healthy communication, empathy, respect and non-controlling behaviors.

When: Monday 5:30 - 7:30 p.m.,
Wednesday 6:00 - 8:00 p.m.

Where: Lutheran Social Services, 6314 Odana Rd.

Facilitators: Juan Guerrero, MSSW

Contact: Lutheran Social Services at 277-0610

Project FACE groups are funded fully or in part by Dane County United Way and the Dane County Department of Human Services.



FACE - Kids

FACE - Kids a psycho-educational/mental health group service for school aged children. Groups are provided in Dane County schools, neighborhood centers and community agencies. For further information, please contact Calvin Taylor, Program Coordinator at 256-2358 or ctaylor@ccmodison.org

For more information, contact group facilitators or Calvin Taylor, Project Coordinator at 256-2358, e-mail ctaylor@ccmodison.org

Project FACE
30 South Franklin St.
Madison, WI 53703

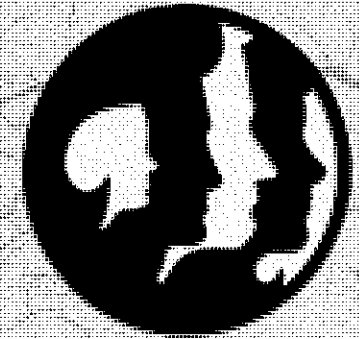
*Fees, if charged, will be based upon the agency's sliding scale.



United Way
of Dane County

Project FACE 2009

*Group Therapy
Schedule
July - December*



- Catholic Charities
- Family Service
- Lutheran Social Services
- Mental Health Center of Dane County

Expanding Group Services
in the Madison Area

THROUGH THE POWER OF COMMUNITY