

# Silver Spring Clinic Therapy Groups

**\*Updated: April 2010\***

## **\*Mondays\***

### **Spanish Support Group ♦ 2-3 PM (Currently suspended meetings)**

**Carolyn Levy (301) 563-7050**

This is a general support group for Spanish-speaking and bilingual clients with mental illness. We will discuss ways to manage stressors and symptoms, improve social skills, and work towards recovery. Cultural issues will also be addressed.

### **DBT Group ♦ 3-4:30 PM**

**Linda Arvin (301) 563-7000 ext. 7003 & Sarah Hammack (301) 563-7000 ext. 7007**

A skills-building class to help people gain control over overpowering, confusing emotions. Modules include Core Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation.

## **\*Tuesdays\***

### **Women's Group ♦ 3-4:15 PM**

**Linda Arvin (301) 563-7000 ext. 7003**

Come to a safe space that offers support and encouragement to grow and develop physically, emotionally, mentally, and spiritually in a way that feels right to you. Women helping women one meeting at a time.

## **\*Wednesdays\***

### **"Get Off My Back" ♦ 2-3 PM ♦**

**Maureen Steele (301) 563-7000 ext. 7006**

A group for people who are struggling with both mental illness and problems stemming from substance use, but who have not necessarily made up their mind to quit.

### **DBT Skill Builder ♦ 3-4:00 PM**

**(Please refer to the group schedule)**

**Linda Arvin (301) 563-7000 ext. 7003 & Eileen Engel (301) 871-1137**

Please speak to Linda or Eileen before joining this group

## **\*Thursdays\***

### **Art Expressions Group ♦ 2-3 PM ♦ Every week**

**Sarah Hammack (301) 563-7000 ext. 7007**

A group for people with mood disorders. In a supportive environment, group members express complicated emotions relating to mood and identity in their artwork.

## **\*Fridays\***

### **Maintenance ♦ 2-3 PM ♦**

**Stacie-Ann Chapman (301) 563-7000 ext. 7005 & Betsy Bowman (301) 754-1102 ext. 57**

Led by Stacie Chapman, LCPC and Betsy Bowman this group is for anyone who has over 12 months of sobriety and needs support and skills to stay clean.