



Red Oak Counseling, Ltd.

12970 West Bluemound Road, Suite 200

Elm Grove, WI 53122

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help@redoakcounseling.com

262-780-1020

Groups Currently Offered

We start all of our programs with a comprehensive, one-on-one psychosocial assessment which includes an addiction assessment to ensure the level of treatment that is necessary for your recovery.

Substance Abuse Groups

For those wanting help with alcohol and/or substance abuse. Some of the topics covered are: addiction education, family dynamics, addictive patterns, relationships, relapse prevention, compulsive or impulsive behaviors, sobriety as a lifestyle, negative emotions, minimization, maintenance, and developing healthy coping skills. Educational groups available for those dealing with legal consequences of drugs and/or alcohol.

Tuesdays 7:00-8:00 pm Educational/Legal Consequences

Wednesdays 10:00-11:00 am Recovery from Addiction

Wednesdays 5:00-6:00 pm Recovery (Alcohol Only, ages 35+)

Thursdays 7:00-8:00 pm Recovery from Addiction

Facilitated by Licensed Clinicians: Leslie Clark, Sue Kalensky, Shannon Lee, Adam Barboff, Roxanne Guenther, Jenny Klucarich, and Lenny Delvecchio.

Codependency Groups

Codependent relationships happen when a person supports or enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement. Topics explored in this group include boundaries, caretaking, rescuing behavior, communication, control, denial, manipulation, fear, and guilt.

Mondays 7:00—8:00 pm Educational Group (1 hour)

Wednesdays 6:30 -8:00 pm Process Group (1.5 hours)

Facilitated by: Roxanne Guenther, LCSW, SASA, CIR, Shannon Lee, MA, LPC-IT, SAC-IT, and Jenny Klucarich LPC, SAC-IT

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Current Groups continued...

Addiction - Family and Friends Support Group

Do you have a friend, spouse, significant other or family member with an addiction and want to understand how you can help? Are you wondering how to set boundaries with your loved one? Please consider attending Red Oak Counseling's support and educational group for loved ones of those struggling with addiction. Our specialized trained therapists will cover several topics including but not limited to relationship repair, boundary setting, substance abuse education, self-care, and community resources.

The 1st Tuesday of the month 6:00 – 7:00 pm

Facilitated by: Coleen Kittleson, LPC, NCC and Jennifer Pozorski, LCSW, CSAC, CIR

Anxiety and Stress Reduction Group

Is anxiety or stress holding you back from the things you want or need in life? Learn methods and build skills to manage your anxiety and live the life you want. Join us in building a more meaningful and productive life for yourself. Topics discussed include mindfulness, rationalization skills, breathing techniques, grounding techniques, and developing an understanding of distorted thoughts.

Mondays 6:00—7:00 pm

Facilitated by Leslie Clark, LPC, CSAC, CIR and Jenny Klucarich, LPC, SAC-IT

Adult Depression Group

When you are suffering from depression, your symptoms can cause significant distress or impairment in social, occupational, or other important areas of functioning. This means that your family and social relationships, as well as work life, are possibly impaired. Join our freedom from depression group where you will begin the process of change. Learn ways to challenge your self-defeating thoughts, build happiness, and integrate healthier views within.

Thursdays 6:00-7:00 pm

Fridays 1:00-2:00 pm

Facilitated by: Adam Barboff, LPC, NCC, SAC

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Current Groups continued...

Healthy Habits Group

For those who struggle with emotional eating or binge eating, are frequently on diets, are looking for a new relationship with food, or struggling with making lifestyle changes with food. This is a closed 14 sessions curriculum based group.

Wednesdays 7:00—8:30 pm (Call for start dates)

Facilitated by: Jennifer Pozorski, LCSW, CSAC, CIR

Body Image Group

Body image is your relationship with your body— perceptions, beliefs, thoughts, feelings and actions that pertain to your physical appearance. This group is for individuals who want to develop a more satisfying and accepting relationship with their body and those struggling with negative body image and dissatisfaction. This is a closed 10-session curriculum based group.

Wednesdays 6:00—7:00 pm (Call for start dates)

Facilitated by: Jennifer Pozorski, LCSW, CSAC, CIR

Eating Disorders—Therapy Process Group

For those struggling with anorexia or bulimia. Focusing on recognizing and addressing triggers, challenging eating-disordered thinking patterns, social media pressures, body image disturbances, and healthy ways to cope through stressful times.

Mondays 6:30—8:00 pm

Facilitated by: Heidi Conto LCSW, CIR

Eating Disorder—Family and Friends Support Group

For those who want to help a child, friend, spouse, significant other, or family member with an eating disorder. Topics include what an eating disorder is, what the signs and symptoms are, what to do when relapse occurs, coping skills, and self-care for the caregiver.

3rd Wednesday of the Month 6:00—7:00 pm

Facilitated by: Heidi Conto, LCSW, CIR

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Current Groups continued...

Dialectical Behavior Therapy Adolescent Coping Skills -101 and 102

For adolescents who struggle with managing intense emotions, engaging in impulsive behaviors, and/or has frequent relationship conflicts with friends or family. Also for those who feel sad, helpless, anxious, lonely, isolated, afraid, angry or guilty, or who have had panic attacks, a hard time concentrating or setting and achieving goals. DBT Coping Skills-102 is for teens that have completed the DBT-101 group and want to continue to grow their skill sets.

Wednesdays 5:00-6:00 pm (101)

Thursdays 6:00-7:00 pm (102)

Facilitated by: Leslie Clark, LPC, CSAC, CIR

Couples Workshop

Who should attend: Couples wanting to re-connect emotionally and/or physically to deepen their relationship. A five week commitment is essential to obtain the necessary skills. The workshop will consist of a weekly topic and group format will include education, interactive dialogue, and group participation at your comfort level. You will learn how to nurture fondness and admiration in each other, communicate more effectively, improve emotional and physical intimacy, approach conflict effectively, and create shared meaning.

Every other Monday from 6:30—8:00 pm (Call for start dates)

Facilitated by Coleen Kittleson, LPC, CIR

Pet Loss Support Group

Veterinary sponsored support group free to those who have lost a pet. The primary goal is for participants to process emotions in a safe environment, while having the support of others in sharing their loss. First time assessment not needed for this group.

First Tuesday of each month from 7:00-8:00 pm at Red Oak Counseling in Elm Grove sponsored by WVRC

Third Tuesday of each month from 7:00-8:00 pm at Lakeshore Veterinary Specialists (2100 W. Silver Spring Dr., Glendale WI 53209) sponsored by Lakeshore Veterinary Clinic

Facilitated by: Red Oak Counseling mental health professionals

Most groups are insurance reimbursable or self-pay rates are available. Please call 262-780-1020 to confirm your space and payment eligibility. If you are not a current client of Red Oak Counseling, an initial assessment is required to determine group readiness. Please note there is an additional fee for this initial assessment, if required. If you are being referred into one of our groups from a non-Red Oak Counseling therapist an assessment is not necessary as long as an authorization for release of information is signed between group facilitator and primary therapist.

From a nurtured seed grows a mighty oak.