



Red Oak Counseling, Ltd.

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Elm Grove, WI 53122

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Oak Creek, WI 53154

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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 recovery

Substance Abuse Groups—Elm Grove Location

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—8:00pm Educational/Legal Consequences

Wednesdays 9:00—10:00am Recovery from Addiction

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

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

Facilitated by Licensed Clinicians: Joe Halaiko, LPC-IT, SAC-IT, Sue Kalensky, LPC, SASA, Jenny Klucarich, LPC, SAC-IT, Lenny Delvecchio, LPC, SASA, CIR, SAC-IT, and Kevin Schaefer, SAC, CIP, NCRC.

Medication-Assisted Treatment (MAT) Program—Elm Grove Location

This group is open to anyone that is on medication to help them stay sober. It will help navigate through legal matters, triggers, withdrawal symptoms, self care, coping strategies, and more. The attendance is mandatory for these groups and is part of a program that is strategically constructed to help you. Our treatment team is prepared to support you and provide you with the necessary tools for you to be successful on your journey toward sobriety.

Saturdays 10:00 -11:00am

Facilitated by Licensed Clinicians: Kevin Schaefer, SAC,CIP,NCRC, Sandra Baker, LPC, CSAC, Megan Gonzalez, LPC-IT, SAC-IT, Joe Halaiko, LPC-IT, SAC-IT.

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Current Groups continued...

Codependency Groups—Elm Grove Location

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: Shannon Lee, MA, LPC-IT, SAC-IT, and Jenny Klucarich LPC, SAC-IT.

Addiction— Family and Friends Support Group Elm Grove Location

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 Kevin Schaefer, SAC< CIP, NCRC

Eating Disorder Family and Friends Support Group—Oak Creek Location

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

Recovery from Eating Disorders and Addiction—Oak Creek Location

Struggling with an eating disorder or a substance use is difficult. Struggling with both is a whole different journey. If you are struggling with an eating disorder and substance use, we want to help! Join this group to help you explore those behaviors, develop skills to make life changes, and start your journey to health and happiness.

Thursdays from 6pm—7pm

Facilitated by: Shannon Lee M.A., LPC-IT, SAC-IT and Jenny Pozorski LCSW, CSAC, CIR

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Current Groups continued...

Healthy Habits Group—Oak Creek Location

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 upcoming dates)

Facilitated by: Jennifer Pozorski, LCSW, CSAC, CIR

Body Image Group—Elm Grove Location

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 upcoming dates)

Facilitated by: Alexandra Smars, LPC-IT

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 6:15pm-7:15pm Adolescent Group—Oak Creek Location

Mondays 7:15pm-8:15pm Adult Group—Oak Creek Location

Facilitated by: Heidi Conto LCSW, CIR

Tuesdays 6:00pm—7pm Adolescent Group—Elm Grove Location

Facilitated by: Shannon Lee LPC, SAC-IT

Mondays 7:00pm—8pm Adult Group—Elm Grove Location

Facilitated by: Alexandra Smars, LPC-IT

Health At Every Size (HAES) Group—Oak Creek Location

Binge eating and emotional eating process group

Wednesdays 6:00—7:00pm

Facilitated by: Jennifer Pozorski, LCSW, CSAC, CIR

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Current Groups continued...

Adolescent Dialectical Behavior Therapy (DBT) Group

Elm Grove Location

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. This group is considered a closed group, which means a specific amount of time and commitment is required.

Thursdays 6pm—7pm

Facilitated by: Leslie Clark, LPC, CSAC, CIR

Dialectical Behavior Therapy (DBT) Family Skills Group

Elm Grove Location

This group coincides with the DBT 101 group and is for parents and guardians of adolescents who are currently going through or have been through the DBT 101 group. It takes the skills that the adolescents are learning or learned and teaches them to the parents/guardians and explains how the parent or guardian can help their adolescent utilize the skills they learn in their group. This group is considered a closed group, which means a specific amount of time and commitment is required.

Please call for upcoming dates

Facilitated by: Megan Gonzalez, LPC-IT, SAC-IT

Adult Dialectical Behavior Therapy (DBT) Group

Elm Grove Location

For adults who want support in enriching their life by utilizing skills to manage difficult emotions and resolve conflict in relationships. If you find yourself struggling to maintain healthy and positive personal relationships and you have trouble handling negative emotions, this is the group for you! This group will utilize mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness to connect and manage self-acceptance and change in your daily life. This group is considered a closed group, which means a specific amount of time and commitment is required.

Mondays 6pm—7pm

Facilitated by: Leslie Clark, LPC, CSAC, CIR, Megan Gonzales, LPC-IT, SAC-IT

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Current groups continued...

Adult Depression Group—Elm Grove Location

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

Couples Workshop—Elm Grove Location

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.

Mondays from 6:30—8:00 pm (Call for upcoming dates)

Facilitated by Coleen Kittleson, LPC, CIR

Pet Loss Support Group—Elm Grove Location

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 sponsored by WVRC

Facilitated by: Red Oak Counseling Mental Health Professionals