

Child/Adolescent Mental Health Groups

- **7 Challenges**
 - Best practice model to assist adolescents in choosing pro-social sober living skills.
 - Tiffin: Monday & Friday 3-5pm
- **Adolescent Seeking Safety**
 - A group for Adolescents, ages 14-17, who have experienced trauma to learn specific coping skills for trauma.
 - Tiffin: Tuesday 4-5pm
 - Upper: Monday 5-6pm
- **Learning to Fly**
 - A group for children, ages 10-14 year old, that deals with building self-esteem.
 - Tiffin: Tuesday 4-5pm
- **Children of Addiction**
 - A group for children, ages 10-14, who have experienced trauma related to a family members use of drugs and alcohol.
 - Tiffin: Tuesday 6-7pm
- **Adolescents of Addiction**
 - A group for Adolescents, ages 14-17, who have experienced trauma related to a family members use of drugs and alcohol.
 - Tiffin: Tuesday 7-8pm
- **Adolescent Social Skills**
 - A group for Adolescents, ages 14-17, dealing with negative behaviors in the home and make better choices.
 - Tiffin: Thursday 4-5pm

To set up treatment to get involved in group and individual counseling please

call or Stop in to schedule your assessment:

Tiffin Firelands Counseling and Recovery Services

76 Ashwood Rd. Tiffin, Ohio 44883

419-448-9440

Upper Sandusky Firelands Counseling and Recovery Services

97 Houpt Dr Suite W. Upper Sandusky, Ohio 43351

419-294-4388

Adult Mental Health Groups

- **Parenting Skills**
 - A group designed to help parents learn how to parent and cope with children's behaviors and stressors of being a parent.
 - Tiffin: Monday 6-7pm
- **Day Treatment**
 - Intensive program designed to assist client in increasing coping skills to avoid hospitalization or assist in client's in post-hospital care.
 - Tiffin: Monday, Wednesday, & Friday 10a-1p
- **Steps**
 - Dialectical therapy model designed to assist client in intense emotional regulation.
 - Tiffin: Tuesday 10-11am
- **Anger Management**
 - A group designed for adults to learn anger management skills and reduce anger.
 - Tiffin: Mondays 2-3pm
 - Upper: Wednesday 10-11am
- **Coping Skills**
 - A group designed for adults to learn coping skills for mental health, such as: depression and anxiety.
 - Tiffin: Mondays 3-4pm
 - Upper: Wednesday 9-10am
- **Male Batterer's Intervention Program**
 - A group designed for males with domestic violence related charges to learn anger management and healthy relationship skills to reduce violence.
 - Tiffin: Tuesday 5-6pm
- **Basic Living Skills**
 - Group to assist clients in learning
 - Tiffin: Wednesday 4-5pm
- **Seeking Safety**
 - A group for adults who have experienced trauma to learn specific coping skills for trauma.
 - Tiffin: Friday 3-4pm
 - Upper: Thursday 9-10am

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