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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